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TORONTO metro®

Tuesday, November 13, 2012

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SUNDIN JOINS THE GREATS IN HHOF

Former Toronto Maple Leaf captain Mats Sundin poses with his Hall of Fame ring at the Hockey Hall of Fame ceremony on Monday. Sundin was inducted into the hall with three other former NHL players: Joe Sakic, Adam Oates and Pavel Bure. Story, page 50. BRUCE BENNETT/GETTY IMAGES

Burden of proof on Ford, lawyer says

On trial. It's up to the mayor to establish a defence that he didn't defame a restaurant owner with comments over corruption during the last election

The onus is on Mayor Rob Ford to defend corruption comments he made about a controversial restaurant lease during the 2010 civic election, a top legal expert says.

Tuesday's trial, triggered by Boardwalk Café owner George Foulidis's $6-million lawsuit, is expected to continue four days. Subpoenaed witnesses who may testify include former mayor David Miller, Ford council colleagues Frances Nunziata and Doug Holyday, and Toronto journalists.

Brian MacLeod Rogers, one of Canada's foremost libel experts — who is not involved in the case — said in an interview Monday the onus is on Ford to establish a defence and show he did not defame Foulidis.

"It's a relatively easy case for the plaintiff (Foulidis) because all they have to show is that something was published about them that harmed their reputation," said Rogers, a media-law lawyer.

"Fault and damage is presumed. That means that the onus shifts to the defendant to establish a defence."

The mayor may be helped by a Supreme Court of Canada ruling, which found that B.C. radio host Rafe Mair did not defame a family-values advocate. It dramatically strengthened the "fair comment" protection courts can apply to statements of opinion on issues of public interest.

The Toronto Sun's Jonathan Jenkins quoted Ford on Aug. 12, 2010, as saying council's award of an untendered 20-year lease extension to the Boardwalk Café "stinks to high heaven."

"I can't accuse anyone, or I can't pinpoint it, but why do we have to go in-camera on the Tuggs deal?" Ford said. "These in-camera meetings, there's more corruption and skullduggery going on in there than I've ever seen in my life."

Ford refused to talk about the case Monday because it is before the courts.

TORSTAR NEWS SERVICE

Conflicting arguments

- The lawsuit argues Ford's statements "were understood to mean that Mr. Foulidis acted illegally and that the contract awarded to his company was the result of that illegal and criminal activity."
- Ford's statement of defence accuses Foulidis of filing the lawsuit just before the Oct. 25, 2010, civic election in an effort to prevent Ford from being elected mayor. It also notes that Ford did not mention Foulidis by name and says the remarks were fair comment during an election campaign.

Team Trudeau turns to Obama playbook

Liberal leadership contender seeking winning lessons from U.S. Democrats PAGE 13

Lotto winners finally get full shares

Ugly battle was waged among Bell call-centre workers over $50M jackpot PAGE 3

Group delays Jarvis bike lane removal

Work crew forced to abandon its task for a day by protesters PAGES 8 & 9

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Crime

Women sexually assaulted by armed intruder

Two women were sexually assaulted after an intruder posing as a salesman forced his way into their home.

Police said the suspect gained entry into the home on Woburn Avenue — near Avenue Road and Lawrence Avenue West — after he claimed to be selling newspaper subscriptions. A struggle ensued between the women, aged 25 and 30, and the suspect, who was armed with a knife. One victim was taken to hospital and treated for unknown injuries. The suspect also reportedly sustained a wound to his torso, police said.

TORSTAR NEWS SERVICE

The scoop on poop

The Toronto Police Marine Unit
TORSTAR NEWS SERVICE

Marine police pursue fowl foe

The Toronto Police Marine Unit has a new offender on its most-wanted list. The suspect? The barn swallows living in the rafters of their boathouse. The crime? Toxic guano.

The marine unit is appealing to the Toronto Police Services Board for help in ridding the intruders from their boathouse at Queens Quay and Spadina, saying their dried feces can cause histoplasmosis, a fungal infection, when made airborne by workers walking around.

Possible solutions include supplying workers with respirators and gloves and hiring a falconer to come in and scare the birds away. TORSTAR NEWS SERVICE

Bell 19 member Christina Hellstrom used her winnings to fulfil her dream of opening a lingerie store. RICK MADONIK/TORSTAR NEWS SERVICE

‘Bell 19’ get full $50M jackpot after hot dispute

Two-year wait. Call-centre workers got Lotto Max payout after an arbitrator ruled in their favour

The battle for the $50 million is over, leaving friendships and a poisoned workplace in its wake.

The office pool of 19 (now mostly former) Bell Canada call-centre workers have their full shares of the Lotto Max jackpot they won two years ago. A binding-arbitration ruling dismissed the claim to portions of the winnings by nine other co-workers and ordered the release of the remaining $18.4 million held by the courts.

For Natalie Damianidis, the pool’s organizer, having the final cheque in her hands is a huge relief. “Finally, after two long years, I feel vindicated,” she said.

Damianidis, who worked for 15 years at the Scarborough Bell Canada call centre, quit her job about a year after the winning draw on Dec. 31, 2010, succumbing to the pressure of working with people who believed she cheated them out of a fortune.

She discovered their historic win — the first single ticket to nab the $50 million prize — on the night of Jan. 3, 2011. Their office pool was just four weeks old, operating on a monthly fee of $20. The last $5 bought the winning ticket.

But the joy of the win soured when other employees came forward claiming a stake, effectively freezing the Ontario Lottery and Gaming Corp. payout until the dispute could be resolved.

Their claim: Several of the Bell 19 had been part of an informal weekly pool, but by breaking away to form a more structured group, they had acted in “bad faith,” said Marek Tufman, lawyer for the nine claimants, in a statement of claim.

On Valentine’s Day last year, OLG granted a partial payout to the group of 19 of almost $1.7 million each, handing the rest to the courts until the dispute could be resolved.

Saul Glober, lawyer for the Bell 19, said the arbitrator’s ruling boils down to: “If you pay, you’re in.”

“If we bought a ticket together last March and I win (with another ticket) in December, you can’t say because we were together in March, I’m a lifetime partner.”

On Friday, when the 19 received their cheques, they did a happy dance, just like the commercial, Glober said.

Only, the commercial should end with “let the lawsuit begin,” joked Christine Hellstrom, another member of the Bell 19. Six months after the win, Hellstrom quit her job and used her winnings to pursue a dream. Last November she opened up a high-end lingerie store in Richmond Hill.

Its name, Coup De Foudre, means “love at first sight” or “struck by lightning” — a reference to the suddenness of her good fortune.

TORSTAR NEWS SERVICE

Life goes on

- Natalie Damianidis still drives her ’97 Honda Civic, the car whose empty tank brought her to the gas station where she purchased the winning ticket.
- She still buys lottery tickets, though not in a pool.
- Seven other single tickets have won the $50-million jackpot since the Bell 19. The second win was by a pool of 24 Bombardier employees, another hotly disputed case that remains before the courts.

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Animal cruelty

Thirteen horses rescued after 'severe neglect'

The ruddy brown and chestnut horses appear to be barely standing on knobbly legs, their rib cages distinctly visible beneath stretched skin and matted fur.

But OSPCA investigator Debby Houghton said the photos don't do justice to the "severe neglect" experienced by eight horses and five ponies rescued in Durham Region in late October.

Houghton said some of the animals — ranging from six months to 17 years old — have connections to the horseracing industry.

TORSTAR NEWS SERVICE

Downtown blaze

Two-alarm fire in downtown injures one seriously

Fire officials say a man in his 20s is being treated for burns after a two-alarm fire in a downtown Toronto building.

Firefighters say two other men were rescued from the roof of the building (near Queen Street and Spadina Avenue) after flames broke out around 6 a.m. All other occupants were able to escape safely. Authorities say they believe the fire started in a third-floor bedroom. The building held apartments as well as a street-level hardware store.

THE CANADIAN PRESS

Garbage woes

Charities silenced on fee complaints

Representatives of charities who started paying new garbage pickup and disposal fees on July 1 were told Monday to forget about complaining to city hall.

They were silenced by a surprise procedural ruling by the budget committee chair, Coun. Mike Del Grande, that people couldn't speak to the issue because the policy of charging charities had been decided within the previous 12 months. The charges will force 1,100 charities to pay a total of $3 million a year by 2015.

TORSTAR NEWS SERVICE

Teachers' talks collapse

Walkout woes. Ontario public high school teachers' union clashes with government over salaries, after-hours meetings with parents

The head of the Ontario public high school teachers' union said he is willing to return to provincial talks after being "flabbergasted" by the government's decision to walk out early Monday.

The walkout followed the union's refusal to call off its nascent boycott of supervision and after-hours meetings with parents.

"It blows me away that they ended discussions when there still were suggestions to be explored — we felt close on a number of issues," said Ken Coran, president of the Ontario Secondary School Teachers' Federation, which has just begun withdrawing services in 20 boards that are in a legal strike position — including Toronto, Durham and Halton — to protest a new law that limits bargaining rights and freezes wages.

But Education Minister Laurel Broten said she pulled the plug on talks over more than just the teachers' job action; she said the union was pushing for new teachers to move up the salary grid sooner, at a cost to be funded by having all teachers work fewer days.

"I was not willing to put the fiscal elements of our agreement at risk, or the classroom experience at risk … by teachers taking unpaid instructional days off," Broten said. She has warned that her government will use the new law to end any job action that appears to put student safety at risk.

So far, students have not noticed much disruption, noted Grade 12 student Hirad Zafari, of Toronto's Don Mills Collegiate. "We're glad they're putting pressure on administration instead of us, but of course we can feel the tensions growing between teachers and principals and parents and students," added Zafari, a student trustee with the Toronto District School Board.

TORSTAR NEWS SERVICE

Parkdale takes pause

Samantha Lerner and Alisa Sadler are co-owners of GO lounge, the soon-to-open boardwalk cafe in Parkdale. "Partydale" is getting a time-out. New restaurants, bars, bakeries, rooftop patios or "places of amusement" in the area (Queen St. West between Roncesvalles Ave. and Dufferin St.) have been banned for a year as the city completes a study on changing the area zoning bylaw. TORSTAR NEWS SERVICE

Toronto Underground Cinema up for sale after financial collapse

From the front, Alex Woodside, Charlie Lawton and Nigel Agnew are the founders of the Toronto Underground Cinema. RENE JOHNSTON/TORONTO STAR

Sedwick Hill admits the Toronto Underground Cinema, one of the city's last repertory houses, crumbled under a load of personal financial troubles.

Like a passionate but ill-fated movie romance, the Toronto financier's labour of love turned quickly into a boondoggle after he bought the downtown theatre space — located in the basement of a condominium building on Spadina Ave., near Queen St. W. — in 2008. The cinema opened two years later. Hill's million-dollar debts to the Ontario Securities Commission were only exacerbated by more than three years of costly litigation with the condo's corporation board over unpaid maintenance fees. Last September, the Underground Cinema shuttered. The reason, according to Hill: "We were never capitalized properly from the start."

But nearly three months after, Hill has put the 706-seat theatre back on the market for $1.629 million, almost double his $726,000 purchasing price.

The ambitious price re-valuation, said former manager Alex Woodside, suggests there is hope the theatre can be reborn after a short history marred by financial ruin.

TORSTAR NEWS SERVICE

Quoted

"I tend to be someone who, if I see an opportunity, I go for it and try to figure it out later … I was optimistic I would come up with the money."

Sedwick Hill

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Kennedy makes run for Liberal leadership

Ontario Liberal Party. This marks former MP and cabinet minister's second time running for provincial leadership

Saying he has no ties to the scandals that have rocked Ontario's Liberal government, former MP and one-time education minister Gerard Kennedy launched another bid Monday to become party leader and premier.

The $1 billion eHealth scandal, a police probe into the Ornge air ambulance service and decisions to cancel two gas-fired power plants at a cost of hundreds of millions of dollars all happened after Kennedy left Ontario politics for the federal scene.

"I hope the fact that I'm not associated with any of the issues that have been flash points will allow us to deal with those issues, in the sense they'll be reckoned with and any problems arising will be dealt with," Kennedy said.

Quoted

"I know we have to take those steps to gain back the faith that people have lost, and I think that's something I can offer."

Gerard Kennedy

Kennedy, who lost to Dalton McGuinty in the 1996 Ontario Liberal leadership race and lost the federal Liberal leadership to Stéphane Dion 10 years later, moved quickly to distance himself from legislation that imposed a two-year wage freeze on most teachers, and suggested he would repeal the bill.

"People will know that should I become premier, there will be a different approach taken." THE CANADIAN PRESS

Gerard Kennedy salutes supporters prior to his speech at the Liberal leadership convention in Montreal in 2006. THE CANADIAN PRESS FILE

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Leading the Liberals. 6th candidate vying to join race to succeed McGuinty

Dr. Eric Hoskins hopes he has the prescription for what ails the Ontario Liberal Party.

On Tuesday, the former children and youth services minister and co-founder of the charity War Child will become the sixth candidate in the race to succeed Premier Dalton McGuinty.

The 51-year-old is a relative newcomer to politics, unlike many of the other candidates. The former Rhodes scholar has run an international non-governmental organization that helps children in war-ravaged countries — and been a family doctor.

"Ontarians are looking for an approach to leadership … that isn't just politics as usual," a source close to him told Torstar News Service on Monday, noting the physician's long focus on youth issues should help attract younger people to the Liberals.

His friendships with pop stars K'naan, Raine Maida, Chantal Kreviazuk and the band Sum 41, who have helped raise funds for War Child, may give him some street credibility his rivals lack.

That could help him because Liberal members as young as 14 are allowed to select the 2,500 or so delegates voting at the Jan. 25 to 27 convention.

Dr. Eric Hoskins, former children and youth services minister. VINCE TALOTTA/TORSTAR NEWS SERVICE

"So my good friend @DrEricHoskins is running 4 leader of Ontario Liberals. Good news for those who want to see humanity in politics," tweeted K'naan.

Liberal delegate selection meetings will be held in all 107 Ontario ridings on Jan. 12 to 13.

The three-year St. Paul's MPP will launch his campaign at 11 a.m. at the Centre for Social Innovation on Bathurst Street in the Annex.

McGuinty, 57, announced his resignation on Oct. 15 after nine years as premier and 16 years as Liberal leader. TORSTAR NEWS SERVICE

Coronation Park

War memorial vandalized in Toronto park

Police are investigating after a war memorial was vandalized on Remembrance Day in Toronto.

The Victory Peace memorial in Coronation Park was defaced with the words "Canada will burn praise Allah" written in what appeared to be black marker.

City workers were called in to clean the bronze memorial, built in the 1990s.

Someone walking through the park on Sunday noticed the vandalism and reported it to authorities.

Police say they don't have any suspects at the moment.

The Canadian Council on American-Islamic Relations says it condemns the vandalism, calling it "senseless" and "ignorant."

"We call on witnesses to step forward to assist police in finding the perpetrators of this sacrilege," Ihsaan Gardee, executive director of the council, said in a statement Monday.

"An act against a Canadian memorial site is an act against our shared history and an act against a sacred space," Gardee added. THE CANADIAN PRESS/CFRB

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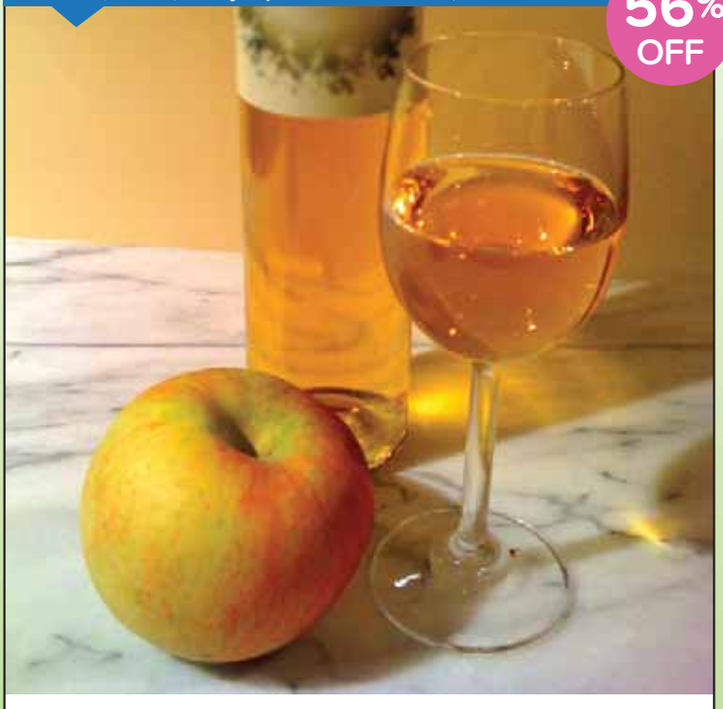

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Laying it on the dotted line: Cycling through the timeline

May 2009
City conducts $950,000 environmental assessment for Jarvis Street upgrade, considers removing the fifth lane to create bike lanes and widened sidewalks.

Feb. - April 2010
Candidates for mayor, including Rocco Rossi and Rob Ford, come out against the Jarvis bike lanes.

July 2010
Jarvis' fifth lane and signals removed, bike lanes added, costing $59,000. Ford claims the city spent "$6 million on removing one lane from Jarvis Street," but later acknowledges that wasn't correct.

Oct. 25, 2010
Mayor Rob Ford and the current council are elected. Later, at Ford's inauguration, Don Cherry opens his remarks with: "I'm wearing pinko for all the pinkos out there that ride bicycles and everything."

A protester who identified himself as "Rob Ford" blocks the path of workers removing bike lanes on Jarvis Street on Monday. JESSICA SMITH/METRO

July 2011
City council votes to spend a projected $200,000 to erase bike lanes on Jarvis Street and build a 14-kilometre network of physically separated bike lanes.

June - July 2012
Cycle Toronto argues the city failed to do the required environmental assessment and public consultation, but the province declines to intervene. City issues $2.5-million contract for separated bike lanes on Sherbourne Street.

October 2012
Councillors make a last political play to save the Jarvis bike lane, but it fails 24-19. Cost of reinstating the fifth lane of traffic and erasing the bike lanes now estimated at $275,000.

Nov. 12, 2012
Work begins on erasing the Jarvis Street bike lane. Protesters halt the work.
JESSICA SMITH/METRO

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Jarvis bike lane removal postponed after sit-in protest

Protesters hold a candlelight vigil in the rain on Jarvis Street Monday to mourn the end of the bike lanes. JESSICA SMITH/METRO

White lines will stay for now. Work crew sent to remove markings met by human road blocks

JESSICA SMITH
jessica.smith@metronews.ca

A work crew only managed to scrub out small sections of the white lines that mark the bike lanes on Jarvis Street Monday because protesters got in their way.

"Before the lanes were installed I was hit twice by cars," said area resident and protester Steve Fisher as he sat on the line demarking the bike lane, blocking the path of the specialized road paint removal truck.

Fisher says he walks, bikes and drives on Jarvis and the street was safer for everyone with the bike lanes. "This community was insulted, it was done against the local councillor's wishes and I don't feel like the safety of the community who lives and works on Jarvis was taken into account."

After a few minutes the truck drove around him and restarted its work a block away, but it was met by a second protester.

The crew encountered three more people blocking the lane south of Carlton Street, including a protester who identified himself as "Rob Ford" and sprawled across the bike lane until police arrived. He left peacefully when asked.

Sgt. Mike Hayles of 51 Division said police would give the protesters a little time to leave peacefully before issuing them a ticket and then arresting them if necessary.

"We can't allow the street to be blocked by a pedestrian — it's a major thoroughfare, not only for regular traffic but emergency vehicles as well," he said.

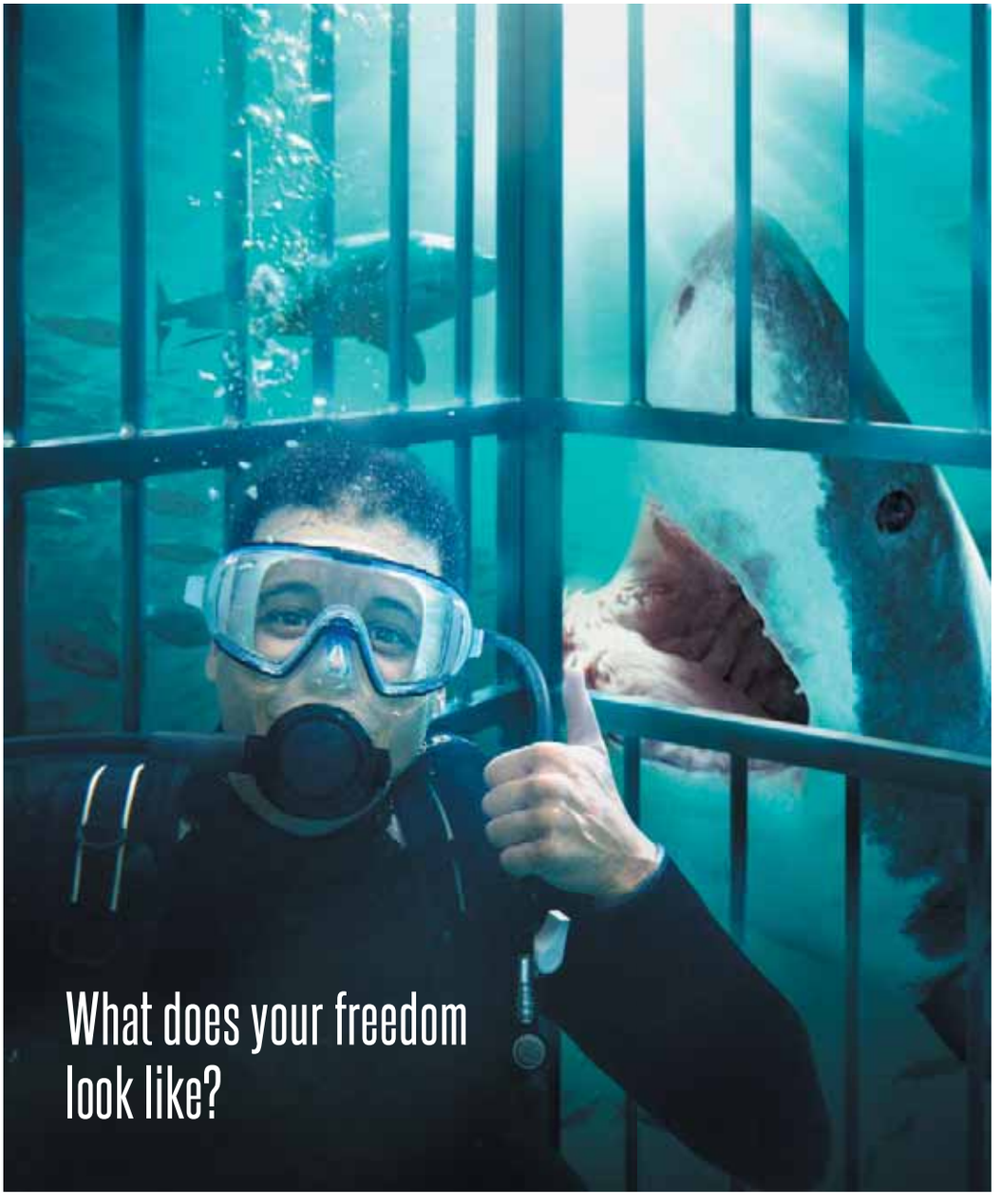
According to police, the crew abandoned its work for the day and will attempt to continue Tuesday morning.

Four of the five protesters who blocked the road had attended a meeting organized by the "Jarvis Taskforce" on Saturday where they discussed "civil disobedience tactics."

Protesters also held a candlelight vigil Monday night on Jarvis Street.

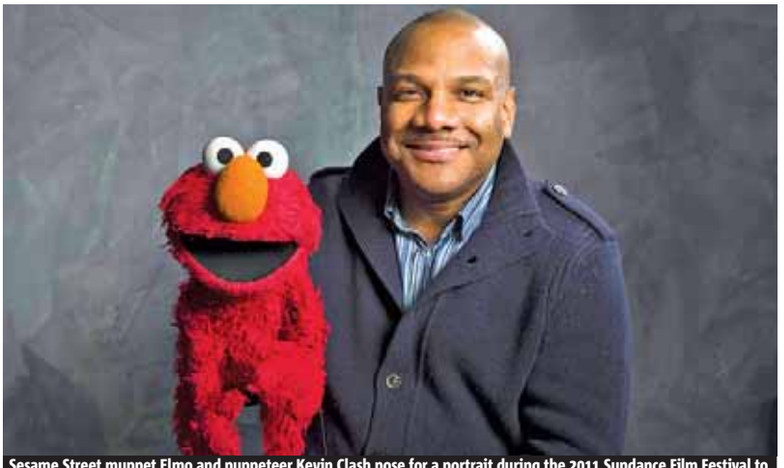
About 15 cyclists carried candles and planted flags along the bike path.

Protester Derek Chadbourne holds a ceremonial bike, painted green with a letter from Mayor Rob Ford stuffed inside, before he locks it to the median on Jarvis Street at Charles. He says it is a warning to the "future Toronto" about politicians. JESSICA SMITH/METRO



Puppeteer accused of underage relations

Elmo. Allegations were unsubstantiated, but Clash is taking a leave of absence from Sesame Street



Sesame Street muppet Elmo and puppeteer Kevin Clash pose for a portrait during the 2011 Sundance Film Festival to promote the film Being Elmo in Park City, Utah. Clash has taken a leave of absence from the popular kids' show following allegations that he had a relationship with a 16-year-old boy. VICTORIA WILL/THE ASSOCIATED PRESS FILE

The puppeteer who performs as Elmo on Sesame Street is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash, 52, has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said in a statement issued Monday. "We met with the accuser twice and had repeated communications with him. We met with Kevin, who denied the accusation."

The organization described the relationship as "unrelated to the workplace." Its investigation found the allegation of underage conduct to be unsubstantiated. But it said Clash exercised "poor judgment" and was disciplined for violating company policy regarding Internet usage. It offered no details.

"I had a relationship with the accuser," Clash said in a statement of his own. "It was between two consenting adults and I am deeply saddened that he is trying to characterize it as something other than what it was."

THE ASSOCIATED PRESS

Legalizing pot. Latin American leaders call for review after U.S. votes

Two U.S. state decisions to legalize marijuana will have implications for international efforts to quash drug smuggling, four Latin American leaders declared on Monday.

Mexico, Belize, Honduras and Costa Rica called for the Organization of American States to study the impact of the votes in Colorado and Washington, and said the United Nations' General Assembly should hold a special session on the prohibition of drugs by 2015 at the latest.

Marijuana legalization by U.S. state governments is "a paradigm change on the part of those entities in respect to the current international system," Mexican President Felipe Calderon said

Mexico has seen tens of thousands of people killed over the last six years as part of a militarized government attempt to destroy the country's drug cartels. THE ASSOCIATED PRESS

Drug trafficking

Mexico is one of the primary suppliers of marijuana to the U.S., while Honduras and Belize are important stops on the northward passage of cocaine from South America.

Act of vengeance

New IRA claims responsibility for first killing

A new Irish Republican Army faction in Northern Ireland claimed responsibility Monday for its first killing and defended the bloodshed as a necessary act of vengeance.

The group, a merger of factions that brands itself as simply the IRA, said in a statement to the Irish News in Belfast its members shot to death David Black this month because he worked as a guard at Northern Ireland's top-security Maghaberry prison. About 40 members of IRA factions are imprisoned there. THE ASSOCIATED PRESS

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Measure B. L.A. County vote requires porn stars to use condoms

The show must go on, is the entertainer's credo, and it did just that in the U.S. Porn Capital even after Los Angeles County voted to require performers to use condoms when filming sex scenes.

One of the industry's biggest stars, James Deen, reported for work, condom-free as usual, just hours after voters adopted the new law.

During a break in the action Thursday, however, Deen raised the same questions on the mind of everyone in L.A.'s billion-dollar-plus porn industry: Can a planned court challenge get the new law tossed out before it is even implemented? Or, perhaps this time next year, will he be making films like Atomic Vixens in some place like Las Vegas or Florida?

The law, listed as Measure B, was passed by 56 per cent of voters. THE ASSOCIATED PRESS

Industry fears losses

"The last time we attempted to go all-condom, our industry lost sales by over 30 per cent."

Porn star James Deen

Ikea

Swedish retailer accused of benefiting from forced labour

Swedish furniture giant Ikea will release a report this week addressing claims it benefited from forced labour in communist East Germany, the company and victims groups said Monday.

The report by auditors Ernst & Young looks into allegations that Ikea used East German suppliers who employed prisoners — some of whom were political dissidents — to manufacture goods from the 1960s to 80s. THE ASSOCIATED PRESS

Decorated Indian sprinter charged with partner rape

XY intersex. While Pinki Pramanik, 26, competed for India as a woman, gender tests confirm he's a man

A runner who won medals for India while competing as a woman was charged with rape on Monday after a gender test indicated she is actually a man, according to media reports.

Pinki Pramanik, 26, became a national star after rising from childhood poverty to win gold while anchoring India's 400-metre relay team at the 2006 Asian Games.

One of the charges

"Cohabitation caused by a man deceitfully inducing belief of a lawful marriage."

The wording on one of the charges faced by Pinki Pramanik

Pramanik won a silver medal at Sydney's Commonwealth Games the same year.

Pramanik became mired in controversy in June after the retired runner's live-in girlfriend accused Pramanik of being a man masquerading as a woman and of raping her.

Pramanik denies all the charges. On Monday, Agence-France Presse reported that the police had charged Pramanik with rape after a medical board set up to determine Pramanik's gender concluded he is a man.

She has also been charged with impersonation, cheating, assault and intimidation. The medics said Pramanik is a "male pseudohermaphrodite," a condition normally called XY intersex. It means the chromosomal sex and internal sex organs indicate the person is male, while external genitals appear female or are ambiguous.

Pramanik retired in 2008, disappearing from the public eye and buying a house in the eastern city of Kolkata.

TORSTAR NEWS SERVICE

Indian police on Monday charged Pinki Pramanik, a gold-medal-winning international athlete, with raping her former partner. AFP/GETTYIMAGES FILE

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Trudeau's team looks to U.S. Dems for advice

Liberal MP and leadership candidate Justin Trudeau attends a Remembrance Day ceremony in Montreal on Sunday. GRAHAM HUGHES/THE CANADIAN PRESS

Victory. Justin Trudeau's campaign seeks out Obama's staff for lessons in winning

Hot on the heels of President Barack Obama's re-election victory, Justin Trudeau's Liberal leadership team is looking to U.S. Democrats for advice on how to win.

Mitch Stewart, who was the battleground-states director for the Obama campaign, has been sought out to speak to Trudeau's strategists on Thursday, according to officials with the campaign.

Trudeau's leadership bid is being organized around much of the same strategic goals that drove Obama's victories in 2008 and this year — rallying support from young people and other progressive-leaning voters who haven't traditionally cast ballots in elections. If Trudeau wins, that is also the same approach he hopes to use to put the Liberals back on a competitive footing with the Conservatives in 2015.

TORSTAR NEWS SERVICE

Crime

Police officer raped by colleague fights back

Denise Robinson used to feel completely alone before making her story about being raped by a fellow police officer public.

But that changed once other female officers came forward with similar stories.

"For so long I thought this was an isolated case and I thought, 'oh my God, no one else has ever been through this before,'" said Robinson, a special constable with the Kativik Regional Police in northern Quebec.

She was raped by her colleague, Joe Willie Saunders, on Feb. 5, 2010, while she was intoxicated in her police residence after being driven home from a house party. Saunders pleaded guilty to sexual assault and was sentenced Aug. 24 to 18 months in jail.

Robinson said her employer stopped paying her after she reported the incident to her superiors a few days later because she was deemed unfit for work.

Denise Robinson METRO IN OTTAWA

Without work and a paycheque, she has been staying with family in Ottawa for the better part of two years while receiving treatment for post-traumatic stress disorder and fighting for lost pay from the police force.

Robinson said on Nov. 2 her employer offered her three months' pay if she quit her job.

"Accepting that offer, to me, is telling them it's OK what they did," she said.

After she decided to make her story public and launch an online petition to protect female officers from abuse and discrimination, she said four female police officers have contacted her to tell their stories about sexual harassment in the workplace.

JOE LOFARO/METRO IN OTTAWA

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Argentina issues ultimatum over seized sailing ship

Ghana. Ship held over decade-old bad debt

Argentina will ask the International Sea Tribunal to order the release of a seized navy sailing ship in Ghana, the South American government said on Monday.

The ARA Libertad training ship was seized on Oct. 2 in the port of Tema as collateral for unpaid bonds dating from Argentina's economic crisis a decade ago. Foreign Minister Hector Timerman said if Ghana does not free the vessel by Tuesday, Argentina will appeal before the tribunal in Hamburg, Germany.

"The legal representatives of the Foreign Ministry are already in that city to begin the legal actions," Timerman said in a press conference.

The ARA Libertad was ordered seized last month. THE ASSOCIATED PRESS/FILE

Argentina had warned Ghana that it would take the issue to the arbitrage court late last month following a United Nations convention on the rights of the sea, Timerman said. It also asked the African country to immediately restore power and water services to the vessel.

Ghanaian port authorities shut off the water and electricity to the ship last week when Argentina refused to let it be moved to a less-busy part of the port. Argentina's sailors pulled out rifles to prevent Ghanaian officials from boarding the vessel to move it.

"(Ghana officials) put a halt to this action and the calm has returned," Defence Minister Arturo Puricelli told reporters at the press conference. "But power and water services have not been restored."

Ghanaian Justice Richard Agyei-Frimpong ruled last week that the vessel should be moved because it is keeping other ships from berthing. Port officials say the port is losing tens of thousands of dollars per day in berthing fees.

The court ordered it held at port due to a court order in New York for Argentina to pay $1.3 billion to a group of investors in the country's defaulted debt.

THE ASSOCIATED PRESS

Woman dragged away from pro-Tibetan protest

Indian police officers drag away a Tibetan Youth Congress (TYC) supporter as she protests outside the Chinese Embassy in New Delhi Monday. TYC supporters shouted anti-Chinese government slogans outside the embassy to show support for Tibetans inside China who have set themselves on fire in protest against the Chinese government. SAURABH DAS/THE ASSOCIATED PRESS

Cattle thefts

Bandits ambush Kenyan police, kill 34 officers

Suspected cattle thieves hid on a high hill and ambushed and killed at least 34 police officers pursuing them over the weekend in northwestern Kenya, a gruesome and powerful attack on government security forces that an official said Monday highlights the need for more reforms in the police force.

The police were killed over the weekend after being ambushed by bandits from the Turkana region who are suspected to have stolen another tribe's cattle.

The weekend slaughter raises concerns that Kenyan officials will not be able to stop violence if it breaks out during the country's next presidential election in March.

THE ASSOCIATED PRESS

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There are several ways to reduce your mortgage debt and pay-off your mortgage faster. Some of these variables include: interest rates, payment frequency, amortization period, and extra payments. By managing these factors, you can get the most out of your mortgage, pay the least amount of interest possible and most importantly, becoming mortgage-free.

Choose a shorter amortization period: The longer the amortization period, the more interest paid and the longer it will take to become mortgage-free. A shorter amortization period will make regular mortgage payments higher, as the number of mortgage payments is being reduced. If you're able to afford higher monthly payments, consider selecting a 15 to 20-year amortization period instead of a 25-year period.

Bi-weekly payments: Selecting biweekly mortgage payments instead of monthly or bi-monthly payments equals two additional payments each and every year. This may not seem like much, but over the course of your mortgage it adds up. For a small change, biweekly payments produce big results.

Additional payments: Paying more on your mortgage is always a good idea; particularly since any additional payment will go directly towards paying off the principle and not toward interest – which immediately and significantly reduces your amount owing. Look for mortgages that allow you to increase your monthly payment or pay in lump sums. Many mortgages allow this annually to a maximum of 20% of the principle. If you also need to build up you retirement fund then consider contributing all you are able to your RRSP and using your tax refund towards your mortgage for double the benefit.

Refinance: As mortgage rates fluctuate, consider refinancing your mortgage to lower your payments and reduce the amount of interest. While refinancing, it may be a good time to reduce the amortization period and save even more.

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Man caught with manure bucket at royal visit venue

Six-day tour. New Zealander charged with planning horse manure assault on Prince Charles and Camilla during visit

Prince Charles greets well-wishers on Queen Street in Auckland, New Zealand on Monday. ROSS SETFORD/THE ASSOCIATED PRESS

Police say they caught a New Zealand man before he had a chance to throw a bucket of horse manure over Prince Charles and his wife Camilla during a royal visit to the Pacific nation.

Castislav "Sam" Bacanov, 76, pleaded not guilty in an Auckland court Tuesday to planning a crime in a public place. He has agreed under his bail conditions to keep at least 500 metres from the royal couple.

The Prince of Wales and the Duchess of Cornwall are on a six-day tour of New Zealand, the last leg of their Pacific tour marking Queen Elizabeth II's 60th Jubilee.

Police spokeswoman Noreen Hegarty said officers arrested Bacanov, a known anti-royalist, on Monday near a downtown Auckland venue where Charles and Camilla were due to appear. She said the royal couple had not yet arrived at the outdoor venue and were never in any danger.

Hegarty said officers were making sure the area was safe when they noticed the man with the bucket.

THE ASSOCIATED PRESS

Language

Merit, collegiality trumps bilingualism for high court jobs: Nicholson letter

Bilingualism will never trump merit or the ability to get along with colleagues when it comes to appointing judges to the Supreme Court, Justice Minister Rob Nicholson argues in a recently released letter.

The letter, dating from 2011 but only recently released under federal access to information laws, makes the case that bilingualism is ensured through legislation that requires three Quebec judges on the Supreme Court and 15 for the Federal Court and Federal Court of Appeal.

THE CANADIAN PRESS

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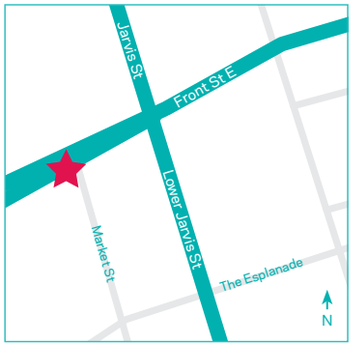

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Brick acquisition will help Leon's keep lid on costs

Retailing. Companies plan to flex their joint purchasing power

A combined Leon's and The Brick should be able to enhance their competitiveness in an increasingly gritty retail environment even though both banners will continue to fly separately, the companies and analysts said Monday.

The friendly purchase of Edmonton-based The Brick by Toronto-based Leon's for $700 million has less to do with direct competition posed by giant American retailers such as Target or Wal-Mart, they said, than with the need to keep a lid on costs.

"What's most in the forefront of our minds is: The economy is difficult, generally it's not growing, and if it is growing, it's growing very slowly," said Terry Leon, CEO of Leon's who will head up the combined entity.

Terry Leon, president and CEO of Leon's, chats with Vi Konkle, president and CEO of The Brick, after a news conference in Toronto on Monday.
CHRIS YOUNG/THE CANADIAN PRESS

"So the best way to grow and to expand is to, if you can, make a purchase that makes sense."

The Canadian retail landscape has been shifting in recent years as more American chains in search of growth opportunities make their way north, which has increased competition in retail segments, including furniture.

As well, many Canadian retailers from Loblaw to Canadian Tire have moved to compete by diversifying their offerings, including through furniture sales, to become more of a one-stop shop experience for consumers.

The companies said they had no plans to close any stores or lay off any employees. Rather, they said, they would try to become more competitive initially by flexing their combined purchasing muscles and by joining distribution channels. THE CANADIAN PRESS

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Spanish banks freeze mortgage evictions

Mortgage Victims Platform member Marta Uriarte, centre, who has stopped the auction of her home three times, speaks outside Caja Madrid's main office on Monday in Madrid, Spain. Spain's banks announced that for the next two years they will suspend mortgage-related evictions of the most vulnerable people. There have been around 350,000 house evictions since Spain's property market crashed in 2008. PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Market Minute

DOLLAR
100.04¢
(+0.17¢)

Figure reflects currency's value on international markets in mid-afternoon trading. The Canadian dollar did not trade in Canada Monday as banks were closed for Remembrance Day.

TSX
12,191.46 (-5.34)

OIL
$85.57 US (-50¢)

GOLD
$1,730.90 US

Natural gas: $3.57 (+6.7¢)
Dow Jones: 12,815.16 (-0.23)

Oman

Tim's opens 20th Gulf states location

Oman has its first Tim Hortons restaurant as the chain expands operations in the Persian Gulf states. It's the firm's 20th location to open in the region since the chain signed a master licence agreement with the Apparel Group last year.
THE CANADIAN PRESS

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I'LL CRY IF I WANT TO

SHE SAYS...
Jessica Napier
metronews.ca

Wherever I am in the city, I am never more than five blocks away from somewhere I have cried.

As a non-hermit kind of person who happens to have a lot of feelings at inconvenient times, I am no stranger to the public meltdown. And I'm not just talking about socially acceptable places like during a funeral or in a darkened movie theatre — I mean everywhere.

I have welled up on crowded buses during rush hour, sobbed in department store fitting rooms, bawled uncontrollably over dinner at fancy restaurants, and let myself go in plenty of other very public locales.

A sob story

"I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering."

I have always been a crier. Tearing up is my go-to response mechanism for an array of feelings — sadness, joy, heartbreak and anger all lead to waterworks. There is never a particularly good time to cry but doing it in public is always embarrassing.

I can usually will myself to get it together after a couple of minutes, but I'm always left feeling a little uncomfortable after inviting strangers to witness my personal suffering.

I suppose it would be OK if I were an attractive weeper. Back when The Hills was must-see TV, I watched Lauren Conrad in awe as she gracefully mastered the perfect single tear.

Unfortunately, my sob sessions leave me looking like a blubbering mess with swollen, red eyes and a gruesome mixture of mascara and snot streaming down my face.

I've always thought of my tendency to burst into tears as a sign of weakness. I felt as though I was exhibiting a complete lack of self control every time I lost it during a sentimental reality show moment or when I missed the bus by seven seconds.

But as our communication channels evolve and our real emotions become increasingly replaced with cartoon-like emoticons, I've come to realize that crying is actually an incredible embodiment of our own mood.

It doesn't get more real than being so overwhelmed with emotion that you find yourself breaking down in the washroom at the office or sobbing quietly in a Starbucks lineup.

Passionate feelings can be untimely and awkward, but we shouldn't challenge ourselves to suppress them.

In fact, we should be embracing our volatile moods.

Crying in public means you're actually having a real emotional experience in the three dimensional world; not just LOLing at another YouTube clip on your iPhone.

After all, if the most powerful man in America can shed a few tears of joy after being re-elected, then we should recognize that there's no shame in breaking down in front of one another.

Follow Jessica Napier on Twitter @MetroSheSays

Bad hair day got you feeling frazzled? Don't worry — cry about it. ISTOCK

It's a snake on a plain

FRANCO BANFI/SOLENT

Wildlife photography

Diver takes risk to see anaconda

A brave diver gets up close to a huge anaconda snake after it gobbled up its prey.

Underwater photographer Franco Banfi, 54, ventured close enough to touch the scary, lengthy beast as it lay in the sun.

Thankfully, its swollen belly shows it has recently eaten a capybara rodent and will have little interest in feeding again for a while. METRO

In movies and reality

Monstrously big, but lazy, sluggish

Anaconda, the 1997 adventure-horror movie starring Jennifer Lopez and Jon Voight, depicts the bulky reptile as a monstrous beast that targets humans.

In truth, anacondas are non-venomous and tend to move in a rather sluggish manner.

"As humans, we tend to judge animals, we look above them. It's easier to label them as dangerous than anything else," Banfi said. METRO

Brazilian region

Translates to 'thick forest of the south'

Banfi saw six different female anaconda snakes on his 10-day trip to the Mato Grosso do Sul region in southern Brazil, right in the heart of South America.

The region, whose name literally means "thick forest of the south," is known for its diverse natural beauty.

"Normally, these snakes bathe in mud so we were lucky to get the photos in the end," says Banfi. METRO

Anaconda's size

8

metres and 200 kilograms is the approximate length and weight of this anaconda specimen. Due to its massive size, the anaconda feeds on a range of prey from large rodents, such as capybaras, to pigs, caiman crocodiles and even jaguars.

Metropolitan Panel

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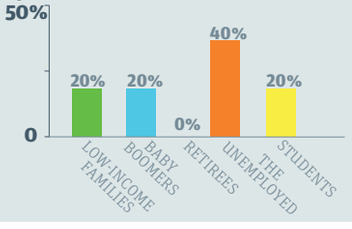
Who is hit the worst in this post-recession economy?



Twitter

@solhyC: #childhoodheros #sundin #sakic #bure #oates hockey hall of fame 2012

@B_Grade: There's no irony in the fact that a truck used to remove a 4" strip'o paint from roads was likely the largest vehicle on Jarvis today right?

@vickersty: Honestly don't get bike lane revolt. Do the new Sherbourne lanes suck? What's the deal?

@MichaelMarkieta: Remember to scrutinize the 9-to-5 workday when examining congestion in the city #Jarvis #BikeTO. It is not only about infrastructure.

@JaredKolb: Soaking wet. Shivering. Inspired. Candlelight vigil for Jarvis shows an enduring vision for safer streets. @JarvisTaskforce #biketo

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Biography looks at Boss's family, his music and his drive for fame

Bruce. Author balances inner fan boy with unveiling Springsteen's imperfections

PAT HEALY
scene@metronews.ca

When Peter Ames Carlin learned that Bruce Springsteen was willing to sit down with him for the Boss biography that he was writing, the author had to keep himself in check.

Yes, this was the first time that Springsteen would be cooperating with a biographer in 25 years, and yes, this was the man who had helped inform his world vision, but Carlin had a warts-and-all book to write.

"The fan boy in me had been locked in a cage long before I got to meet Bruce," says the author. "When I met him, it was super-intense, but for me, the thing that mattered at that point was that I was working on this book and this could conceivably be the difference between it being an extraordinary book and being another book about Bruce Springsteen."

The book, simply titled Bruce does, arguably, achieve the distinction that he was hoping for.

Through intimate interviews with family members and band members past and present, Carlin unearths previously unpublished anecdotes about his subject's childhood (as a little kid, Springsteen kept the same nocturnal rock star hours he does now), about his early rocking years (one of Springsteen's bands honoured a commitment at a small New Jersey club rather than accepting an invitation to play Woodstock in 1969) and his family struggles with mental illness.

"A big part of how this book advances the story is being very up front about how his dad was manic depressive. He had a serious untreated mental illness for his entire adult life," says Carlin. "We were talking later about depression or something and I said to him, 'Bruce, you said something to me that made me wonder, and it seemed like you were telling me that you take antidepressants. Am I correct?' and he said, 'Yeah.' And I said, 'How would you feel about me putting that in the book?' and he was silent for a second and then he said, 'Yeah, that's OK.'"

The man that emerges from the 474 pages of Bruce is alternately a controlling boyfriend, a driven bandleader, a junk food junkie and an artist who is constantly challenging himself.

"He works really hard at being a good man and doesn't always live up to his own expectations of himself," says Carlin. "It felt very important to me to report stories I had heard about him being a dick. And I watched him have a temper tantrum on stage, at a soundcheck, furious at a guy who wasn't even at work yet."

Even though Carlin unveils these imperfections and his inner fan boy is securely locked up throughout the narrative, he says his respect for Springsteen's artistic vision is unwavering.

"He's so smart, so sensitive and so unafraid to dive into the darkness and mourn the horrors of the world, but also maintains that belief in possibility," he says.

Carlin was not the only one who learned a lot about Bruce Springsteen during this three-year writing process.

"He told me later, after he read the book, that part of what he valued about it was that he was reminded of how special the people in his life were," says Carlin.

Bruce Springsteen performs at the 6th Annual Stand Up For Heroes benefit concert for injured service members and veterans Nov. 8, in New York. CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

Keep pushin' 'til it's understood

Photographer Eric Meola, best known for capturing Springsteen and late E Street Band sax legend Clarence Clemons on the iconic cover of Born to Run, has also recently released a new book on the Boss.

The book, Streets of Fire: Bruce Springsteen in Photographs and Lyrics 1977-1979 is another rare glimpse of an artist who is constantly evolving.

Many of the shots were taken at the sparsely decorated farmhouse Springsteen rented after Born to Run made him a star. The shots almost look like demo versions of the cover of Darkness on the Edge of Town, which came out in 1978.

"Every time we would get together, we would end up doing something very different from the time before," says Meola. "He would stand in attic alcoves with light coming in and creating beautiful shadows and I started to realize that the emptiness of the house reflected a lot of the loneliness and despair that was going on in the music."

Basic Cable and Digital Box required for On Demand programming. On Demand not available in all areas. Programming subject to change without notice. Savages © 2012 Lava Films Inc. All Rights Reserved. © 2012 Rogers Communications.

DVD review

The Amazing Spider-Man

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

●●●○○

It's impossible to watch director Marc Webb's The Amazing Spider-Man without recalling that there have already been three blockbuster Spider-Man movies, the ones made over the past decade by Sam Raimi.

Webb's reboot hits the same origin-story beats as the first Raimi Spider-Man — missing parents, teen angst, radioactive spider bite, super Spidey powers and lizard foe. Some story threads are rearranged and there are a couple of newish characters, but it's really all the same tangled web.

Andrew Garfield makes a dandy Peter Parker, Spider-Man's teen alter ego, and an even better Spidey, being far closer to the smartass Marvel Comics original than Tobey Maguire's wan depiction in the Raimi series. And Garfield is well paired with Emma Stone, who plays Peter's first love, Gwen Stacy, with a smile that could melt steel.

Andrew Garfield plays Spidey in the Spider-Man reboot. HANDOUT

As a visual experience, the film falls prey to memory. There are some good set pieces and the 3D is for once not obtrusive. But there's nothing terribly original, exciting or funny about it, and action scenes are not Webb's forte.

If you haven't seen the earlier blockbuster franchise or have forgotten it, you may enjoy this webslinger redux. For the rest of us, the movie should really be called The Adequate Spider-Man.

Extras include a commentary track, deleted scenes and making-of featurettes.

PETER HOWELL

Brave

Director. Mark Andrews, Brenda Chapman, Steve Purcell

Stars. Kelly Macdonald, Billy Connolly and Emma Thompson

●●●○○

With a rebellious princess (voiced by Kelly Macdonald) as its lead character, Brave is a bold departure for Pixar. It's the toon titan's first feature with a female lead.

Sassy archer Merida is no damsel in distress. Far from it, her spirit is as bright as her wild flaming red tresses, and her tongue is as sharp as her tips of her arrows.

Merida lives in the ancient kingdom of DunBroch, a place of towers and tartans Pixar renders magnificently. She lives with her father, King Fergus (Billy Connolly), and her mother, Queen Elinor (Emma Thompson).

Alas, everything is not storybook perfect in DunBroch: King Fergus lost a leg and gained a grudge in a battle with an ancient bear, and he has rival clans to contend with, all of whom have idiot sons they're eager to marry off to Merida. She wants none of them.

Brave follows an entirely predictable trajectory — unusual for a Pixar film — but it's not without its amusements. The film's best moments are between Merida and her mother as they seek to settle their differences, both supernatural and natural.

Sometimes, the bravest thing of all is mending broken family ties.

Extras include La Luna theatrical short, director's commentary, extended scenes and making-of featurettes.

PETER HOWELL

Kelly Macdonald voices the role of a rebellious princess in Brave. HANDOUT

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Chanteuse shares why she loves her special guests

Jazz. All three of these talented artists will join Juno-award winner Molly Johnson at her show at Massey Hall on Nov. 30

MOLLY JOHNSON
toronto@metronews.ca

Singer/songwriter Molly Johnson performs at Massey Hall Nov. 30 with special guests Elizabeth Sheppard, Denzal Sinclaire and Robi Botos. COURTESY GEORGE WHITEHEAD

Elizabeth Sheppard

Her new album is called rewind. She is a great songwriter, beautiful singer, wonderful piano player, and a new mom. I'm so looking forward to having Elizabeth as a special guest on my show at Massey Hall on Nov. 30. She is one of the most original voices in this country and is supremely gifted.

Denzal Sinclaire

His last album was called My One And Only Love and is just beautiful. He is a great singer with an excellent vibe, nice old school tone delivered in a modern way. Denzal has definitely checked out the tradition of jazz vocalists but totally brings his own thing to the table. He is also an incredible person with a heart of gold and it comes out in his music.

Robi Botos

He has a new album called Place to Place. I think he's Canada's most exciting piano player. Robi mixes the music of his Roma tradition with the whole history of jazz, creating this fantastic fusion of Hungarian folk and jazz histories. Oscar Peterson loved Robi's playing and in many ways, Robi is continuing on this tradition but with his own cultural influences.

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Actors Alice Moran and Patrick Whalen are the stars of SPANK! The Fifty Shades Parody. The show will be presented by Mills Entertainment and Just For Laughs at the Panasonic Theatre this Wednesday to Sunday. HANDOUT

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Time for your SPANK!ing, T.O.

Fifty shades of spoof.
Parody show comes to Toronto after selling out south of the border

After heating up box offices — and body parts — in the U.S., a hit Canadian stage spoof of the bestselling erotic novel Fifty Shades of Grey is attracting interest around the world as it gets set to debut on this side of the border.

Mills Entertainment and Just For Laughs will present SPANK! The Fifty Shades Parody at the Panasonic Theatre in Toronto this Wednesday to Sunday after sold-out shows in the U.S.

"It feels like a rock concert," Jim Millan, the Toronto-based director and co-writer, said of the electrifying vibe in the audience to the parody of E. L. James's hugely popular tale of bondage and discipline, Fifty Shades of Grey.

"We anticipated that the love they have for the book would translate into their enthusiasm for a night out but we couldn't imagine it would be like this."

The response to the unauthorized musical parody has been so strong, in fact, that shortly after its premiere in Springfield, Mass. in early October, Creative Artists Agency (CAA) signed on to represent it in the U.S.

Now, two different companies are considering touring SPANK! and two different producers in New York have expressed "strong interest" in an off-Broadway production, said Millan, founder of Crow's Theatre in Toronto.

Alice Moran, Patrick Whalen and Anne Marie Scheffler star in the Toronto production, about a wannabe erotic fiction writer who sends her kids and husband away to Disneyland so she can write her racy manuscript.

The show includes musical numbers, improvised material, audience interaction and burlesque-style scenes.

"It feels a bit Second City, a bit Saturday Night Live, a bit Kids in the Hall ... a bit Chippendales"' said Millan, who's known for directing the Kids In The Hall comedy group.

But while there is some sexy stuff in the show, "there's no attempt to be graphic" noted Millan.

Ticket buyers are encouraged to arrive at the theatre early to get a signature SPANK! cocktail. After the show is a meet and greet with the cast.

Millan said he's seen many audience members wear silver-grey ties and shirts with the words "Laters, baby," which are both references to the book.

"The husbands and (others) that get towed along certainly can understand it and they're laughing, too, and I think it turns out well for them — after they go home," he noted with a laugh. THE CANADIAN PRESS

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Aguilera's 'fun songs' fall short on new post-divorce album

Review. The pop artist's fifth release, Lotus, doesn't break any new musical ground

Christina Aguilera is easily one of contemporary music's best voices. She's got pipes that music-lovers need to hear at a time when Top 40 radio features studio-enhanced vocals and award shows are full of lip syncing.

That's why her fifth album, Lotus, is somewhat disappointing — not because it isn't good, but because it isn't great.

Sure, it's an improvement from 2010's Bionic, a chaotic album that is Aguilera's only one not to reach platinum status. Lotus is more focused, thankfully, but not as satisfying as her first three releases.

The new 13-track album

Christina Aguilera's new 13-track album is her first release since she filed for divorce two years ago. THE ASSOCIATED PRESS

is the singer's first music offering since she filed for divorce two years ago. And when she's emotional, she sounds best.

The title track kicks off the album nicely as Aguilera sings about starting over. On Best of Me, she sings: "Words cut through my skin, tears roll down my chin, my walls crumble within." And later in the song she sings in a beautiful belt: "I will rise undefeated, I will not let you bring me down."

You just want to cheer her on. Sing it, girl.

Another standout is the piano tune Blank Page, co-written by Sia, whose work with Aguilera on Bionic is that album's highlight. Sing for Me, too, is great and sounds like a personal anthem for Aguilera, who has gotten a boost recently as a coach on NBC's The Voice.

Where the singer falls short is on what are supposed to be the "fun" songs, like Red Hot Kinda Love, Around the World and Make the World Move, which features a barely heard Cee Lo Green.

The first single, the Max Martin-produced Your Body, is also a miss. Martin is a little better on his other contribution, the dance-heavy Let There Be Love, which sounds typical of what's out there, but still feels like a radio hit.

It's almost like Aguilera isn't getting the best material from the songwriters and producers on Lotus, which includes Alex da Kid (Eminem's Love the Way You Lie, B.o.B's Airplanes), Lucas Secon, Supa Dups, Claude Kelly, Bonnie McKee, Tracklacers, Steve Robson and others.

Her excellent voice deserves excellent songs.

THE ASSOCIATED PRESS

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Pythons get together for fanciful tale of Graham Chapman's life

A Liar's Autobiography. Comedian who died in 1989 remembered by Pythons in new animated film, which includes recently uncovered audio

RICHARD CROUSE
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Monty Python has been called the most influential comedy troupe of all time. Their absurdist brand of humour spawned a new word, "pythonesque," (look it up in the Oxford English Dictionary) and is in the DNA of everything from Saturday Night Live to South Park, from Kids in the Hall to 30 Rock.

Mike Myers says, "If comedy had a periodic element table, Python would have more than one atom on it," and their impact is often compared to The Beatles' effect on music.

Everyone remarks on the importance of Monty Python. Everyone, that is, except the members of the troupe itself. "I don't see it as a legacy really," says founding funnyman Terry Jones. "I can't see it. I think people talk about it. I have no idea what impact we had on comedy."

Even though Jones says surviving Pythons have "a limited amount of interest" in new Python projects — "Terry Gilliam is off shooting something in Romania and John Cleese is off in Monaco avoiding paying English tax and getting married again. Never learns," he says — Cleese, Gilliam, Eric Idle and Michael Palin reunited to commemorate Graham Chapman.

Chapman, who co-authored the classic Parrot Sketch and played lead roles in two of Python's hit films, Holy Grail and Life of Brian, died in 1989 on the eve of the 20th anniversary of the first broadcast of Monty Python's Flying Circus. In typical Python form Jones called his passing "the worst case of party-pooping in all history."

The animated film, A Liar's Autobiography — The Untrue Story of Monty Python's Graham Chapman, is a fanciful account of the comedian's life. Featuring vocal input from his former partners, it also contains a suitably surreal selling point — a return from the grave performance by Chapman, courtesy of recently uncovered audio recordings.

"I kind of felt it was very easy and natural to hear Graham's voice again," says Jones of the interacting on tape with his old friend. "It felt like he just walked out of the door."

Despite their long association, however, Jones says Chapman was "a bit of a mystery to anyone who knew and worked with him. I don't think we ever felt like we knew him." He adds that Chapman would "be very pleased with (the film). I think it captures his essence. It captures his oddness, his looniness and a little bit of the mystery."

Monty Python is back in A Liar's Autobiography, which opens Friday. HANDOUT

A new day is dawning on Adrianne Palicki

After three years of waiting, Adrianne Palicki is finally seeing her remake of 1984's Red Dawn — delayed by the same MGM bankruptcy issues that delayed Skyfall — hit theatres. It's a sign that things are looking up for the actress after the end of Friday Night Lights and the failed launch of a new Wonder Woman TV series. With Red Dawn and next year's G.I. Joe: Retaliation, Palicki is definitely optimistic.

Red Dawn has had a number of release dates.
Thanksgivings for the last three years, yes. Pretty much.

Did any of your friends or family stop believing you that it actually existed?
You know what? I just stopped telling people I was in it. They were like, "When's that movie coming out?" and I'd be like, "I don't know what you're talking about. No idea. I never did that movie."

How is it to finally see it coming out?
Sometimes I pinch myself. And now seeing posters places I'm like, "OK! See?" Every time I'm reminded or my friend will call and she's like, "I saw it in front of Argo!" I'm like, "OK, it's happening." Because there were three years when it was going to happen and then it was not going to happen and then it was going to happen and then it was not going to happen. It's just nice. Thank God finally people can stop asking me when this movie's coming out.

Adrianne Palicki says after her stint as Wonder Woman in the David E. Kelley pilot, she's jonesing for more superhero roles. Her film, Red Dawn, opens Nov. 21. HANDOUT

What did you think about the decision to change the villains from Chinese to North Korean in post-production?
China was a cool thing. It was ballsy. It's big, and it's kind of like that's possible, you know? But I understand why they felt they had to do it. I don't know, I think the biggest part of this movie that needs to be remembered is that it's not necessarily as much a political movie as it is a movie to go and have fun and watch big explosions and car chases. Because it's very realistic. You know, six kids coming and taking back the country. Happens all the time (laughs). Whether you want to look at it as a political movie or not, there are a lot of parallels between what's been happening overseas and what's been happening in this movie, you know? People coming in and saying, "We're going to now change your entire government because ours is better and we know better than yours. So take that!" I mean, there's a devastation to it, too, for people who live this every day.

You starred in David E. Kelley's infamous Wonder Woman pilot. Are you still jonesing for another superhero part?
Oh hell yeah. Always. And hell, I would like to play Wonder Woman again. They're making "the Justice League," so who knows. But I love playing superheroes. I grew up with comic books and my brother's a comic book writer and I've always loved them, so I really felt lucky to just even get the chance to be Wonder Woman, wear the outfit — to get paid to wear the outfit and not in like a weird porno way (laughs). It was cool. Not many people get to say they did this.

NED EHRBAR, MWN

What about real life?

The young characters in Red Dawn face a daunting challenge when their suburban town is overrun by the North Korean military and they must take up arms to defend it. But how would the actors behind the characters fare in such a life-or-death situation? Star Adrianne Palicki is confident that Hollywood has sufficiently prepared her for the worst. "Now, after all the training I've had for this movie and G.I. Joe and Wonder Woman, I feel like I could really hurt somebody. Or, you know, an amount of people. A small group, maybe," she says. "I'd like to think that I could take some people on. I should be able to. I think there's going to be a lot of people pissed off who trained me if I'm just in the corner going, 'Please don't hurt me!'" Co-star Josh Peck, known for more comedic roles than the reluctant rebel he plays here, is less confident in his own abilities, putting his own chances at "zero. I think put in this situation in real life, I would either be behind the lines as like the troop jester, just entertaining the troops in some comedic capacity, or I'd be dead," he tells Metro. "I had brilliant [stunt] doubles, thank God."

NED EHRBAR, MWN

K'naan learns love is harder than war

Country, God or the Girl. Somalian artist goes inward, uses his tour of Africa to free himself and write about what's important

K'naan arrived on the scene singing about struggles — his hit Wavin' Flag was a timely freedom anthem during the 2010 World Cup. But his new record Country, God, or the Girl looks inward.

"I went to 22 countries in Africa, back to back, on tour," the Somalia-born artist says. "Seeing Africa to that degree freed me from having a narrow message in my music."

He says when a friend told him about working in refugee camps during the Rwandan genocide, it changed his perspective on global thinking.

"When people settled into the evening," he says, "nobody talked about the horrific tragedies that were happening. They were talking about their lost loves. And that hit me so deeply — how human beings are having the same conversations everywhere, even in times of war and famine. Their favorite songs are always love songs. And I wasn't speaking to them in the place that was most important to them."

The singer says he has come to a conclusion about approaching certain subject matter. "Love is harder than war," he says. The sound of Country, God, or the Girl is a blend of pop and African melodies, and tracks mostly focus on internal conflict, relationships and personal growth.

Quoted

"I've had my chance to write about my experiences in a difficult and violent life"

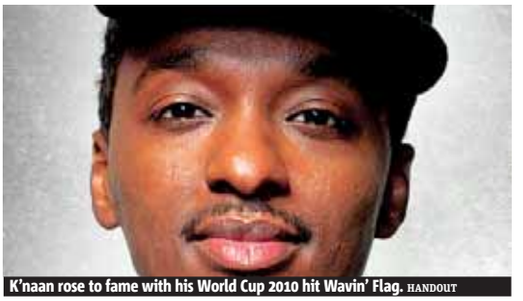
K'naan

"To progress musically, I had to open myself up," he says. K'naan is also joined by a wishlist of high profile special guests, including Bono, Keith Richards, Will.i.am, Nas and Nelly Furtado. But no matter who is joining him, he says it all comes down to one person: "I've had the chance to write about my experiences in a difficult and violent life. ... But when the suffering and the pain is something that comes from within me, it's harder to react and to write about that."

K'naan says he doesn't write while he's on the road.

"I know that some artists that I'm friends with do that, but I just prefer there be distance between my being celebrated as an artist and my having something to share. Because ... being idolized on stage and then writing a song could be a little dangerous, I think. But when you are living, and nobody cares that you're walking around in the street, your girlfriend is giving you a hard time and (so is) your family, all of that, that's the context in which an artist writes. That's when I like to write."

METRO WORLD NEWS



K'naan rose to fame with his World Cup 2010 hit Wavin' Flag. HANDOUT

DON'T C
CONVERSAT

Be taken Home by One Direction

New album. U.K. act's follow-up to successful Up All Night is a mix of ballads and upbeat songs to get teenage hearts racing

One Direction's sophomore album, Take Me Home, comes one year after the group released its debut, Up All Night, in the United Kingdom.

The latter, which came out in America just eight months ago, has already sold 1.3 million units and is still in the top 25.

The wholesome-looking quintet has joined Justin Bieber in the affections of girls everywhere, with their puppy eyes, trendy haircuts and rather good voices. And the boy band's new album delivers on the brief, vaguely catchy songs that appeal to both the romantic and the wild side of teenage girls.

The record relies heavily on perky and melancholic guitars, and on romantic invitations like "I want to be your last first kiss" on Last First Kiss, which then veer into the leery Tonight Let's Get Some on the very honest and upbeat first single, Live While We're Young.

It's full of riffs that haven't been heard since the 1990s boy bands took their final bows. Take Me Home is mainly produced by the same folks behind the group's debut, including Rami Yacoub, Carl Falk and Savan Kotecha. English singer-songwriter Ed Sheeran returns, too, co-writing two ballads (Little Things, Over Again) that break up the overall upbeat preppiness of the disc with memorable choruses.

Who's on board?

"English singer-songwriter Ed Sheeran returns too, writing two ballads."

The album feels relentless in rhythm, sometimes even during the ballads, with a homogenous sound and message – like a teenage boy who says all the right words in a rush to get what he wants. But this time they're only singing the right words to get to your wallets and adoration. And they're most likely going to get it."

THE ASSOCIATED PRESS

One Direction's latest is called Take Me Home. THE ASSOCIATED PRESS

Bidding adieu. Twi-Hards come together for weekend celebration

Twilight fans spent the weekend camping out in downtown Los Angeles to celebrate the release of the final film in the vampire-romance series. Tents filled the street in front of Staples Center and sprawled across L.A. Live plaza Friday, many decorated with homemade posters and photo collages of stars Kristen Stewart, Robert Pattinson and Taylor Lautner. Fans came from as far away as England, France and Argentina to bond with their fellow Twi-Hards and have a chance to see the film's cast members in person. The premiere of The Twilight Saga: Breaking Dawn — Part 2 was held Monday night at Nokia Theater.

THE ASSOCIATED PRESS

Sarah Lupton and her mother Lisa enjoy the Twilight Fan Camp Concert outside Nokia Theater L.A. Live on Saturday. CHRIS PIZZELLO/THE ASSOCIATED PRESS

Metro visits Twilight tent city

Thousands of fans have been in downtown Los Angeles since last Thursday waiting in anticipation of Monday night's premiere of the Twilight Saga: Breaking Dawn — Part 2. The diehard fans erected a tent city on the street between the Staples Center and the L.A. Live complex. Metro's Ned Ehrbar paid a visit to see what all the fuss was about. Check out the video at metronews.ca/scene.

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TION SHORT.

A soulful farewell to a tween vampire series

Soundtrack review. Album of tunes from the final Twilight film sets a melancholic mood that is sure to be embraced by fans

It's a sad goodbye from The Twilight Saga, which sees its last installment, Breaking Dawn — Part 2, hit the big screen this week. The soundtrack reflects a chocked up melancholia that lingers over the sound like dust over old boxes of family photos.

This final film steps away from the romantic dilemmas of previous outings into a tense confrontation between vampire factions. Yet the album is more focused on delivering a soulful sound that is neither too arcane, nor too mainstream.

It's just quirky enough to be embraced by the hordes of teenagers who've grown up alongside Bella and Edward.

Nikki Reed, who plays Rosalie Hale in the film, makes an appearance on the instrument-stripped piano ballad All I've Ever Needed, alongside her husband and former American Idol contestant Paul McDonald. Green Day, the biggest act on the soundtrack, is bland on Forgotten.

And the rest of the songs alternate between diaphanous guitars like POP ETC's Speak Up or dreamy tunes like Feist's Fire in the Water and James Vincent McMorrow's Ghosts.

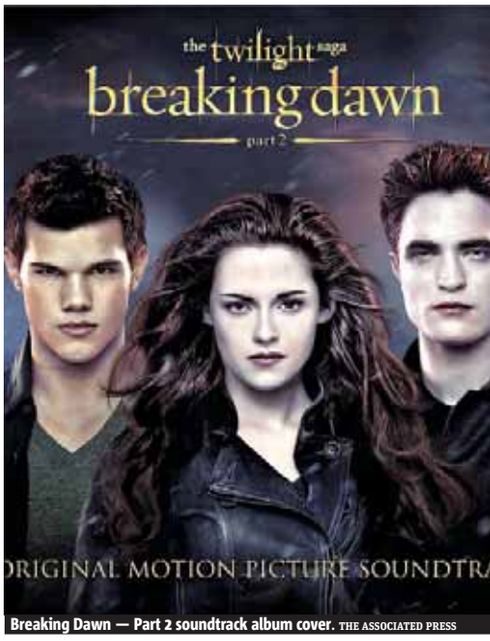
There's also haunting strings, like on New for You by Reeve Carney, best known for playing the lead in Broadway's Spider-Man: Turn Off the Dark.

It's all a bit wailing, like a highly enjoyable mourning parade that performs at its own death.

THE ASSOCIATED PRESS

Quoted

"...The album is more focused on delivering a soulful sound that is neither too arcane, nor too mainstream"



Breaking Dawn — Part 2 soundtrack album cover. THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber ALL PHOTOS GETTY IMAGES

Cry him a river: Justin B. borrows from Justin T.

Justin Bieber is dealing with being dumped by Selena Gomez the only way he knows how — through music. The 18-year-old Canadian pop star treated fans to a stripped-down acoustic version of Justin Timberlake's Cry Me a River — a song inspired by Timberlake's split from Britney Spears — at a tour stop over the weekend, according to People magazine. As for actually addressing the breakup, Bieber still sounds pretty shaken up. "I don't know what's going on in my life," he said in an interview with Open House Party radio before the show. "To even assess that, it doesn't make sense because I have not made any comment."

The babies still love you Biebs

Miranda Kerr

Selena Gomez may not be as big a Justin Bieber fan as she was a month ago, but at least the Canadian pop star gets the infant vote. Victoria's Secret model Miranda Kerr tells Us Weekly that Flynn, her 21-month-old son with husband Orlando Bloom, loves music and dancing — and Bieber's in particular. "The other day, we were in South Africa, I turned on the TV and Justin Bieber's documentary was on," Kerr says. "I said, 'Flynn! Bieber!' and he said, 'Bie-ber.' I said, 'Bieber fever' and he said, 'Bieber fever.' I thought it was the cutest thing I've ever seen."

The Word

The stars get to gabbing on the MTV red carpet

On the red carpet of Sunday's MTV Europe Music Awards in Frankfurt, Germany, David Hasselhoff got perhaps the biggest applause from fans, with host Heidi Klum, Kim Kardashian and Gangnam Style star PSY coming a close second. The random lineup proves what an eclectic show it was. Metro was on the red carpet to talk to a few of the headliners.

ALICIA KEYS

There's talk of an apocalypse. What would you tweet, if you knew it was the end of the world?

Oh gosh, I really don't want to think about that. I really don't. But it's true it is something to think about. We're putting so much abuse on this planet. How is it not supposed to react that way?

LANA DEL REY

What were you listening to before the show?

We were listening to Chris Isaak and Bruce Springsteen. Americana.

PSY, HASSELHOFF AND JEPSEN

"The whole point of Gangnam Style is that you don't have to be that good."
—PSY

"It's good because I ride horses. It's very easy."
—David Hasselhoff on dancing Gangnam Style

"If you'd asked me when I was seven years old, I would have told you with utter confidence, definitely, yes. I'd be a star. But then I grew up."
—Carly Rae Jepsen

Elmo and his handler Kevin Clash ALL PHOTOS GETTY IMAGES

Tickle me surprised: Elmo's right hand man caught in sex scandal

Kevin Clash, the man behind Sesame Street star Elmo, has taken a leave of absence from the popular children's show amid allegations that he had a sexual relationship with a 16-year-old boy, according to Radar Online. "We met with Kevin, who denied the accusation. We also conducted a thorough investigation and found the allegation of underage conduct to be unsubstantiated," a spokesman for Sesame Workshop says, according to Radar Online. "Although this was a personal relationship unrelated to the workplace, our investigation did reveal that Kevin exercised poor judgment and violated company policy regarding Internet usage, and he was disciplined." No date has been given for Clash's return to the show. The star of the documentary Being Elmo reportedly told another media outlet recently, "I had a relationship with (the accuser). It was between two consenting adults, and I am deeply saddened that he is trying to make it into something it was not."

LaBeouf libates with the little people

Shia LaBeouf

Shia LaBeouf can't enjoy a drink in peace, apparently. The Transformers star hit up a dingy South London pub recently, surprising the regulars, and the evening wasn't without incident. "No one could believe that a well-known Hollywood star had docked up at a bar in [this neighbourhood]," a visitor to the Hobgoblin in New Cross tells the Sun. "Everyone was getting their photos taken with him." Things took a bad turn, though, when a student stole LaBeouf's baseball cap. "I think he was just joking, but Shia didn't like it," the source says. "He tried to get it back and they ended up tussling. It was handbags, really. But it shows that even Hollywood stars can't avoid grief down this way."

Greene hopes gossip won't get in film's way

Ashley Greene knows that the relationship drama between her Twilight co-stars Kristen Stewart and Robert Pattinson has been getting a lot of attention — especially after Stewart's cheating scandal this summer — but Greene hopes all the hubbub doesn't get in the way of the release of the franchise's final film. "Hopefully it won't taint it and people will still be able to enjoy the movie," she tells Seventeen magazine. "I think a lot of people see us as our characters. I really want them to still be able to do that."

Ashley Greene

Twitter

@MalinAkerman
On my 3rd hour here at London airport...pretty good spot to have a layover. Lots of shops!

@JohnCleese
In LA working with Python producer John Goldstone and daughter Camilla on acting and writing master classes for the internet.

@MissKellyO
At a photo shoot for a campaign to save African Elephants & the elephant farted on my boyfriends head funniest thing I have ever witnessed!

@CraigyFerg
Just downloaded Angry Birds Star Wars. This is probably my last tweet for a while.

"With the holidays coming up I can send pictures, email or text my family, even if they are not in my city, which keeps me connected."

JASKIRN H.
From Brampton, WIND Customer since January 2011

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Kellan Lutz faces off against Kristen Stewart on screen and talks about how he gets those muscles with Metro. HANDOUT

Getting that vampire strength

Interview. Twilight star Kellan Lutz talks about how he keeps the sleek physique and manages major strength in the series

ROMINA McGUINNESS
life@metronews.ca

Kellan Lutz spent four years wearing pasty white make-up and doing push ups to play superstrong vampire Emmett Cullen in The Twilight Saga. Now that the final chapter, Breaking Dawn — Part 2, arrives in theatres, he talks to Metro about his post-vampire career, wrestling with Kristen Stewart and learning to cut up a steak.

Everyone went on and on about Taylor Lautner's body in Twilight. But you were buff all along. How did you manage that?
I have good muscle memory. I'm barrel-chested, so I can do 50 push ups and get some man boobs pretty easily. But Taylor had to take his shirt off. It would have been different if I'd had to take mine off and I was pale white with make up. It wouldn't look so flattering.

The arm wrestle scene between Bella and Emmett in Breaking Dawn 2 — did you guys do it for real? Kristen vs. Kellan?
I sent Emmett to some acting classes to prepare him for that scene so that he didn't lose and get his ego hurt too much. I'd been looking forward to shooting that scene for years and Kristen was just so excited to play a vampire finally. She's a strong woman. She put up a good fight. Of course, I let her win.

Could Kristen beat you in real life?
Never … Plus she cheated. But I really think she could beat Rob in an arm wrestle.

So, she's stronger than Robert Pattinson?
I think so … She'd come out a winner. She'd probably tickle him or something.

Would he make more?

"I mean, am I sitting on the edge of my bed praying about it? No. I love my character. If I had a spin-off where Emmett goes in the woods and five years later he has his own zoo and he's wrestling a bear and a lion in the backyard and he has his five Emmett buddies from his football days and hunting days and we made a comedy out of it, that would be great."

Kellan Lutz,
On making more Twilight movies.

Who would you rather date? Kristen Stewart or Bella Swan?
I don't really know Bella Swan too much. I know Kristen. For me, the wise choice would be who I know the most and connect the most with and Kristen — she was just so much fun to work with.

If you had the vampire strength of Emmett in real life—
If? What are you talking about?

What would you dream of being able to do?
Wrestle lions like Samson (in the Bible.) I love to play with my dog — but how fun would that be, to wrestle a lion by its mane and pull it down. Or a grizzly bear. For me — having all-powerful strength — being able to pull trees out of the ground and carry them like a pool noodle. Or feel like Atlas (a Titan known for his strength in Greek mythology).

What do you do to stay fit?
I play volleyball every Saturday and workout whenever I can. A big part of what I've been doing is just eating better. I don't eat as much candy as I used to.

I read you can eat 10 Taco Bell tacos in one sitting.
I have a large stomach. Growing up within a family of six boys, you learn to just chow down. You just want to get it in before it's gone. I'm learning to enjoy my meals and cut up a steak rather than just ripping it apart with my mouth.

What's next for you?
I'm focusing on action movies. I love fighting and shooting guns.

Why?
I have no tattoos — I wear my scars as my tattoos. I've never broken a bone but I love taking risks. I'd like to do something extreme like Tom Cruise in Mission Impossible. Wear a squirrel suit and jump out of a helicopter, fly over an erupting volcano and drive fast cars.

Would you do the space jump?
Yeah. I just love the thrill. Skydiving is amazing — doing flips in the air. Snowboarding or scuba diving —it's one of the scariest things I've ever done — it's life or death down there.

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Best Health

Don't fear the flu shot.
ISTOCK PHOTOS

How to avoid getting the flu

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November issue of Best Health magazine, on newsstands now, our regular columnist Dr. Susan Biali shares six habits she has for avoiding colds and flu. As she says, after more than 10 years in the medical practice and being exposed to everything from swine flu to tuberculosis, she has to rely on multiple strategies to minimize the probability of getting sick. Here are three of her top six tips.

1. Take a probiotic every day.
In addition to improving digestion and intestinal health, they boost your immunity and can protect you from colds and flu. Ask your pharmacist or family doctor for a recommendation if you aren't sure which one is right for you, and follow the recommended dosage on the label, Biali says.

2. Get a flu shot.
There's so much debate over the safety of the flu shot, but Biali really thinks it's a wise choice for anyone who has contact with a lot of people.

"The year I got the flu was the first year since med school that I had delayed getting my flu shot. I've never missed one since."

3. Limit sugar.
Eating sugary or refined-flour-based foods produces bursts of high blood sugar in your body, and that impairs your immune system. Eat fibre-rich whole foods and limit high-sugar snacks and drinks to keep your defences strong.

For the other three tips, pick up the November issue of Best Health magazine.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS

There are lots of support groups now for those touched by Alzheimer's disease. ISTOCK PHOTO

Alzheimer's disease not just for elderly

Mental health. The disease, which leads to memory loss and confusion, can strike earlier than you thought

CELIA MILNE
life@metronews.ca

Stefania Silvestri was only 14 when her father, John, was diagnosed with dementia. She remembers going to rent a video with him, and the pain on his face when the cashier asked him for his phone number and he didn't know it. He was 48. He died a few years later.

"All of the plans, however small and trivial, were stunted and stopped," writes Silvestri in her book Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease.

Silvestri is now 28 and an English teacher in Los Angeles. In Canada, it has been estimated there are 50,000 people under 50 living with dementia, according to the Alzheimer Society of Canada. Some of these people have the very rare familial Alzheimer's disease (FAD), which is inherited from a parent. Others have an early onset of the more common form, which tends to affect people in old age, called sporadic Alzheimer's disease.

When Alzheimer's disease attacks young people like it did Silvestri's father, it has the same characteristics — memory loss, confusion, difficulty thinking — as sporadic Alzheimer's, and it is all the more tragic because it strikes mid-career and while loved ones are young. Silvestri battled with depression and self-mutilation, but also learned to enjoy moments of togetherness as her family took regular trips back to their homeland — Italy.

"I learned about the strength of the family and the love you can share, living as best you can," she tells Metro.

While there is still no cure for Alzheimer's, support systems are growing stronger, she says.

"My mom didn't have a community. Now there are Facebook groups and websites."

Quoted

"I learned about the strength of the family and the love you can share, living as best as you can."

Stefania Silvestri
Author of Beside the Mountain: Finding Strength and Courage Through my Father's Early Onset Alzheimer's Disease

HAVE YOU OR YOUR LOVED ONE BEEN DIAGNOSED WITH
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Email: alzheimer.imaging@camhpet.ca

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E-mail: cardiac.insomnia@ryerson.ca

Location: Ryerson University, Health Intervention Research Center. Funded by the Canadian Institutes of Health Research

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This Tilapia with Cashew Crust recipe is a real winner for fish lovers.

The mild taste of tilapia goes well with nuts, and this lemon-nut combination is outstanding.

If you want to substitute another fish, try sole. Serve this over a bed of fresh grilled vegetables.

The best part is that prep time is only five minutes and cooking time is only 15 minutes.

1. Preheat the oven to 425 F. Line a baking sheet with foil and spray with cooking oil.

2. Place the cashews, cheese, oil, juice and garlic in the bowl of a food processor and process just until coarsely ground. Do not purée. Alternatively, finely chop by hand.

3. Place the fish on the prepared baking sheet and divide the nut mixture over top, pressing it onto the fillets to help it adhere. Bake for 10 minutes per inch of thickness, or until the fish flakes when pierced with a fork. Garnish with the dill and lemon wedges. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1/3 cup finely chopped toasted cashews
- 4 tbsp grated Parmesan cheese
- 1 tbsp olive oil
- 1 tbsp freshly squeezed lemon juice
- 1/2 tsp crushed fresh garlic
- Four 4-oz tilapia fillets
- 3 tbsp chopped fresh dill or basil
- lemon wedges

This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Health solutions

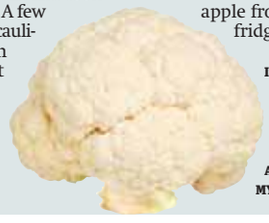
Save on produce

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Man, vegetables and fruit can get expensive this time of year! And when you consider that most of us are only enjoying three or four of the eight to 10 we are supposed to, the grocery bill goes through the roof. Here are a few tips to help you pinch a few pennies:

- Check the reduced bin first. Often, food is moved here simply to make room for a new shipment and you would have paid full price 20 seconds ago. (You will know what is beyond its due date, don't worry.)
- Buy in bulk and cook or freeze. A few heads of cauliflower can be bought on the cheap and be cooked in the slow cooker to turn it into a freezable side dish with a little drizzle of butter. Freeze in single serving sizes and never go without.
- Shop in Asian markets and experiment! You may not be familiar with the vegetable but, rest assured, a quick stir fry and you will be.
- Look for sales on frozen vegetables. These are often picked at their peak and frozen to preserve nutrients. Not as great as a salad, maybe, but tossed into pastas and soups, they are great!
- You can't beat frozen berries for pies, smoothies and to stir into yogurt.

Don't skimp on the health benefits of fruits and vegetables just to save a few bucks. It won't be worth it in the end. If all else fails, "borrow" someone else's apple from the work fridge. (Kidding!)



THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Spinach & Artichoke Dip with Catfish. A tempting appetizer or snack for those cold autumn days

This combination creates a creamy dip that goes great with crackers or veggies.

1. Heat oven to 180 C (350 F).

2. In a saucepan over medium heat, melt butter and add catfish cubes. Cook, stirring, for about 5 minutes or until fish flakes easily when tested with a fork. Remove from heat and let cool for about 5 minutes.

3. Squeeze excess moisture out of spinach and artichokes. In a large bowl, combine with two-thirds of the Parmesan and all remaining ingredients. Transfer to a glass baking dish and sprinkle with remaining cheese.

4. Bake for 20 to 25 minutes or until hot in the middle and golden brown. Serve warm with your favourite crackers, bread or veggies. **THE CANADIAN PRESS/U.S. FARM-RAISED CATFISH**

Ingredients

- 15 ml (1 tbsp) butter
- 3 catfish fillets (each 180 to 250 g/6 to 8 oz), cubed
- 500 g (1 lb) frozen chopped spinach, thawed and drained
- 1 can (398 ml/14 oz) artichokes, drained
- 175 ml (3/4 cup) grated Parmesan cheese, divided
- 125 ml (1/2 cup) diced green onions
- 250 ml (1 cup) mayonnaise
- 3 cloves garlic, minced
- 5 ml (1 tsp) hot sauce, or to taste
- Salt and pepper, to taste

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MAKE A MONEY RESOLUTION

CREDIT EDUCATION WEEK CANADA AIMS TO RAISE AWARENESS

In 2007, Credit Canada and Capital One Canada teamed up to create the first Credit Education Week Canada (CEWC), with the objective to raise public awareness and educate Canadians about the many issues and challenges they face managing their finances, spending and savings.

Now in its sixth year, CEWC 2012 will be looking at "money resolutions" and the unique financial pressures Canadian consumers face.

Did you know:

One-third of Canadians admit winning the lottery or receiving a large inheritance is part of their plans for a secured financial future, according to a recent survey commissioned by Credit Canada Debt Solutions and Capital One Canada. At the same time, more than two-thirds have felt anxious or lost sleep thinking about their financial situation over the past year.

More than two-thirds of those surveyed revealed they spend beyond their monthly budget. Most admitted temptation and reward were the biggest reasons they overspent.

The biggest temptation? Food. Three-quarters of Canadians confess to overspending on groceries, and more than half blow the bank on eating out.

Beginning today and running through to Friday, more than 150 events and financial literacy workshops at YMCAs and community centres across the country will occur under the Credit Education Week Canada banner thanks to the support and funding of all sponsors.

On Nov. 13, the founding sponsors of CEWC — Credit Canada Debt Solutions and Capital One Canada — will officially kick off the week with the launch of its Professional Development Day at the Toronto YMCA.

The event launch will be hosted by Gary Rabbior, president of CFEE, a non-profit, non-partisan organization since 1981. This is a unique opportunity for financial industry leaders to bring consumer awareness to myriad of financial issues impacting Canadians, as well as show their support and commitment to the financial literacy initiatives.

The day will feature an impressive slate of speakers from media, not-for-profit and key government agencies, who will discuss the many financial management issues that can help the Canadian consumer achieve their "money resolutions."

Bruce Sellery, the founder of Moolala, a personal finance training company with a mission to inspire people to get a handle on their money so they can live the life they want, will deliver the event's keynote address.

CEWC 2012's event launch is free and open to the public.

The climax of every CEWC is the dinner gala, which will be held Thursday at the Royal York Hotel in Toronto. The gala will be hosted by CTV's consumer affairs expert Pat Foran, while David Chilton, star of CBC's Dragons' Den and best-selling author of The Wealthy Barber Series, will deliver the gala keynote address.

For more information about CEWC 2012, go to cewc.ca.

STORIES FROM ACROSS CANADA

Credit Canada and Capital One Canada sponsored a contest asking people to share their inspiring or compelling stories about how they conquered their credit issues and how it changed their life. Contributors were asked to share their stories in 300 words or less. Julie-Laurence Lafortune of Laval, Que., submitted the winning entry worth $4,000, Trina Brooks from London, Ont., took home $3,000 for the second-place story, while David Roberts from Vancouver cashed in the third-place entry, which was worth $1,000.

PHOTODISC/THINKSTOCK

KICKING HER TO THE CURB

CONTRIBUTED

GRAND PRIZE WINNER ($4,000)

JULIE-LAURENCE LAFORTUNE ENDS CREDIT CARD RELATIONSHIP

It was the summer of 2004; she had just graduated from university and was working an entry-level position in the field of advertising. We met at the bank. The teller introduced us and it was love at first sight.

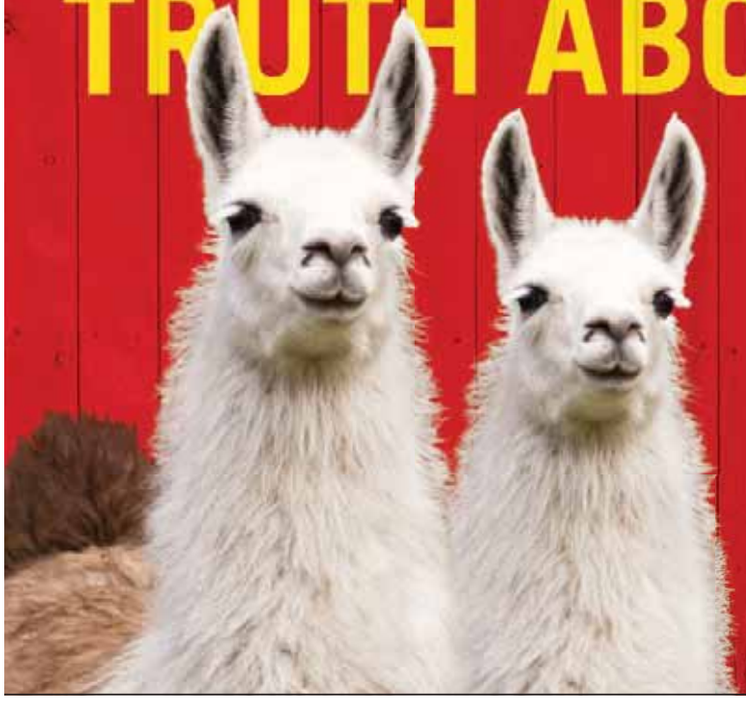
She wanted so many things and I could provide those to her. The designer shoes that she so lusted for were finally hers in the blink of an eye when she brought me along with her. While her friends were saving up for down payments on condominiums or putting money towards their retirement, she was with me in the swankiest stores in town. Her friends and family warned her to spend less time with me but nothing could keep us apart. I remember those crazy nights out when I would get swiped a dozen times.

Notices started flooding in requesting she pay for me. She stopped opening them. After all, our relationship was all about fun and nobody was going to put a damper on that. It all came to a halt one year later. She had a nightmare; she was drowning in a sea of notices, unable to come up to the surface to breathe. As she awoke in fright, I heard her whisper: I need to change my ways or I will be living in my purse and drinking juice from my shoes.

She confined me to her freezer; she tried to cut me with her scissors but couldn't bring herself to do it. She sold some of her designer goods and opened a tax-free savings account. She wrote up a debt repayment plan and followed it with unbridled discipline.

She finally took me out one day but it just wasn't the same. She wanted a professional relationship. I wasn't her everything anymore, just her credit card.

THE WILD AND WOOLLY TRUTH ABOUT CREDIT.



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Want to control your gambling? OLG is working with counsellors to provide the help you may need.

OLG offers a voluntary Self-Exclusion program and works with debt and treatment counsellors across Ontario to ensure our players have access to free and confidential support services.

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For more information about OLG's voluntary Self-Exclusion program, visit **KnowYourLimit.ca.**

In the Metro-Toronto area, to reach a problem gambling counsellor and to inquire about registering for the Self-Exclusion program, OLG encourages you to contact:

Problem Gambling Institute of Ontario at the Centre for Addiction and Mental Health

camh
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

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TEACH YOUR CHILDREN WELL

TRINA BROOKS LEARNS FROM DAD

SECOND-PLACE WINNER ($3,000)

My biggest money mistake, and I feel guilty saying this, was my dad. I was a single mom, making $25,000 a year. I knew I had to take control of my finances but I didn't know how, so I turned for advice to the man I trusted most. I remember him leaning forward in his chair and saying, "What you need is stocks."

So I scrimped, saved and purchased a few measly stocks in a bank he had recommended. A couple weeks later I told him what I had done.

"Stocks? Nooo, what you need to do is invest in things you can easily liquidate like art, jewelry or antiques."

I followed this new plan of action and went to my first auction. A jewelry store was being liquidated. For $150 I got a diamond ring with the tag still attached reading $699. I showed it to dad. He shook

"Jewelry's no good. It's like art. The market is too volatile. The only way to get rich is to start your own business."

"What about RRSP's?" I asked.

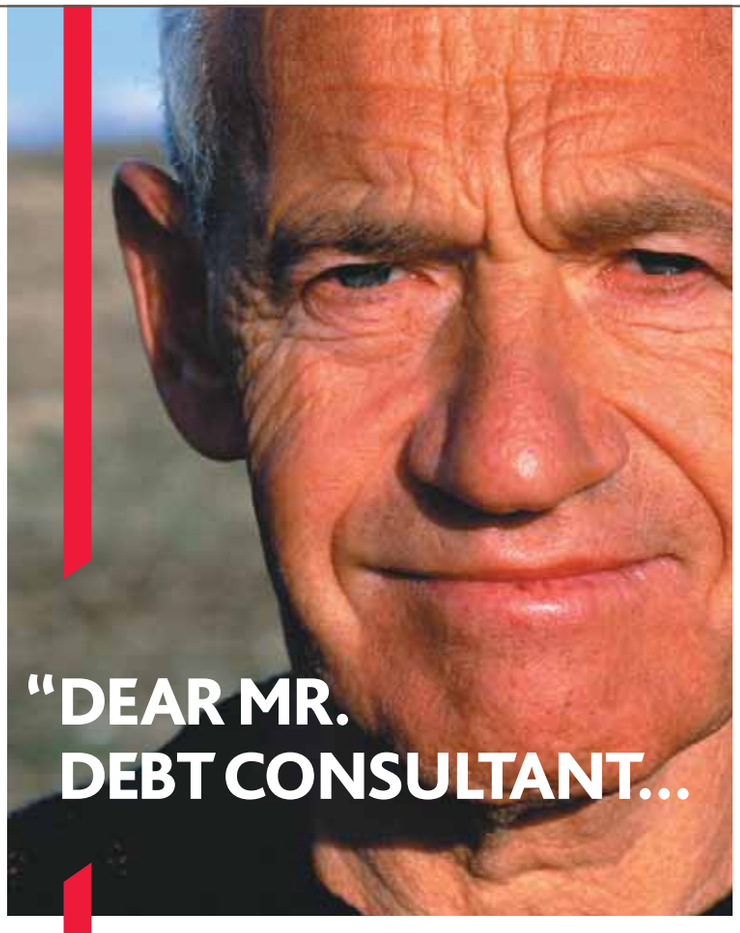
"You don't have to worry about retirement yet. When you get to that age you'll have the money."

I smiled, gave him a kiss on the cheek and said, "Thanks dad." I loved my dad, but I finally realized just because he meant well didn't mean he knew well.

I asked around for recommendations and found myself a professional financial adviser who understood my needs, my limitations and my possibilities. Now I have savings for retirement and my daughter's university.

Dad passed away a few years ago. I really miss him but I have a feeling he's watching me, smiling and saying, "I taught her well."

CONTRIBUTED



Thank you sir.
Thank you for all you've done.
Facing my debt and my creditors was intimidating,
but you made it easy. Too easy actually.
I gave you what money I had,
hoping to make all these stressful calls stop. But they didn't stop,
and did you know I'm being sued now?
Is that part of your easy process?
So thank you, I've learned a lot from this.
Most of all, I've learned not all debt solutions are created equal.

Oh by the way, I've called BDO."

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THERE'S A MORAL TO EVERY STORY

DAVID ROBERTS LEARNS VALUABLE LESSON AFTER FALLING FOR LONG-DISTANCE CON

THIRD-PLACE WINNER ($1,000)

I was sitting at my desk in my bedroom when the call came in. A man who claimed to be a Canadian advocate for out-of-country travellers said, "Mr. Roberts, I'm at the L.A. county jail with a friend of yours named 'John' who has been in a car accident here and he doesn't have any money for bail. He asked me to call you."

I said, "John? John who? I know lots of Johns." There was a moment of silence and then I remembered my friend Jeff was travelling to L.A. at the same time.

I immediately blurted, "Could his name be Jeff?" The man walked to Jeff's cell and back. He agreed, "Oh yeah, my mistake — his name is Jeff."

I said, "Tell me what he looks like. Give me a physical description." The man stated, "Well, he's wearing a suit. He looks like he has money. He was with a lady."

That set bells ringing. Jeff is married. He couldn't call his wife for bail if he's with another woman.

"How much does he need?"

"$1,500," the advocate said.

I sighed. "OK, but you'll have to give me an hour."

I wired the money to the Canadian advocate because Jeff couldn't leave his cell to get to the Western Union office — and sent it.

CONTRIBUTED

I didn't hear another word until Jeff called me the next day from home and told me he hadn't been in jail. He started laughing. I'd been conned.

I called the LAPD and told them my story and they investigated. It turns out that an L.A. inmate was running his advocacy racket from within prison walls on a pay phone.

Moral of the story: "Wait till you hear John's last name."

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Why we fail financially

Alison's money rule.
New survey shows how we really feel about our spending and saving

YOUR MONEY
Alison Griffiths
money@metronews.ca

Do you have a cheatin' heart? Do you feel guilty or anxious? Are you hoping for a windfall to save you? Chances are, you'll answer yes to one or more of these questions when they relate to money.

Credit Education Week Canada (cewc.ca) began on Monday. This year, the founders of CEWC, Credit Canada Debt Solutions and Capital One Canada, commissioned a survey to find out how we really feel about money and our spending and saving resolutions.

Interestingly, the survey uncovered a whole lotta angst going on in our financial lives. Sixty three per cent of Canadians worry so much about money they lose sleep and for half of us, it has caused conflict with family or friends.

Nearly 30 per cent are praying for a lottery win or an inheritance to secure their futures.

In light of these statistics, it comes as no surprise that 81 per cent of us have cheated on resolutions made about money.

The source of our financial woes lies mostly in a single area — overspending.

Pretty much everyone does it, with groceries being the biggest culprit (76 per cent), followed by the need to treat or reward ourselves (60 per cent) and eating out (54 per cent).

While many Canadians (37 and 28 per cent) believe that lack of income and discipline are at the root of their financial troubles, I think these are symptoms, not causes.

The real problem is a lack of another kind — help.

There is a crying need for assistance and very few are getting it. Only eight per cent of Canadians use a financial planner, for example. But there are many ways to get support in achieving financial goals. Old-fashioned hand holding is one.

Find someone you trust to be a mentor and to keep you on track. I know one woman who enlisted her neighbours with the common goal of making a budget and sticking to it. They met monthly to bare their financial souls — and it worked.

There are also charitable counselling services such as Credit Canada (creditcanada.com) and employers are increasingly including financial counseling to HR programs.

If you think you need help, start looking for it. Don't hide your financial problems in a closet.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

A financial planner can be a broke girl's best friend. ISTOCK IMAGES

The Joneses' don't have two nickels to rub together, so why keep up?

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

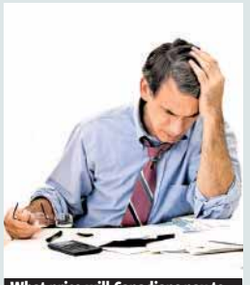
November is financial literacy month for many provinces in Canada. To celebrate, last week I spoke at an event alongside David Chilton, the new Dragon from Dragon's Den and author of Wealthy Barber, the first personal finance book I ever read at age 13.

Chilton is considered the pioneer of personal finance in Canada, so it was an honour to present with him on the theme of Keeping Up With The Joneses'.

Unfortunately, Canadian appetite for spending has grown substantially over the past few decades as our incomes have grown and access to credit has increased.

We've watched our broke neighbours bring home fancier cars, upgrade their houses and put junior in expensive competitive sports.

As a result of adult peer pressure, we've over-extended ourselves to look richer in hopes of greater happiness, which never materializes because true happiness isn't found in a new television.



What price will Canadians pay to keep up with their spending? ISTOCK IMAGES

Meanwhile, the truly wealthy are not spending this kind of dough. They're living frugally, keeping meticulous budgets and spending on things that grow in value, not shrink.

These folks report less stress, fewer divorces and greater personal satisfaction. They are financially literate.

Due to extreme overspending, Canadians borrow approximately $0.70 of every $1 spent and the most popular borrowing methods are credit cards and lines of credit.

Canadians continue to carry balances on our credit cards at an average rate of 19.5 per cent and the average Canadian household owes $40,000 in some type of consumer debt.

Even more frightening is the fact that one in 10 families report that they would not be able to handle a $500 unexpected expense.

What price will Canadians pay to keep up with their spending?

The bottom line on overspending and debt is that it's restrictive and causes stress.

If you care about your future, channel your energy and dollars away from image-boosting spending and focus on keeping what you've worked so hard to earn.

If you're caught in an overspending trap, stop. Remove spending temptation. Avoid bad debt and manage good debt by:

1. Negotiating interest rates; and
2. Paying a little extra each month through frugal living.

Chilton offered good advice last week: Stop complaining about what you don't have.

Consider yourself lucky to live in Canada, where we are safe, have access to education, health care, jobs and other helpful resources.

Follow Lesley on Twitter @LesleyScorgie

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FOCUSING ON FINALS

FORMULATE A PLAN WHEN PREPARING FOR YOUR EXAMS

WAVEBREAK MEDIA/THINKSTOCK

Final exams can sneak up on post-secondary students, so experts suggest taking the red leaves of fall as a red flag that it's time to hit the books.

Naomi Deren, manager of the Student Success Centre at the University of Regina, says if you are short on time cutting classes is a bad way to grab a few more hours. You are more likely to fall further behind in your effort to get ahead.

"Keep on top of your reading and class notes," she advises.

Visit your student centre for help improving your skills at studying, managing your time and writing exams. Deren urges students to create a study plan. That involves looking at your exam schedule, figuring out what work needs to be done and setting out a concrete calendar of when you will do each bit of work.

Deren says it's also a good time to look back to mid-terms. If you struggled with something then, now is the time to fix it. "Exams will be here before you know it," she says.

Most colleges and universities open winter registration at this time of year and the sooner you register, the better your chances of getting your dream schedule.

Deren says you can use the winter break to set academic goals such as when you want to graduate, what marks you want to get, and what you want to do post-graduation.

"Then it's easier to do planning and manage time," she explains.

Ben Harrison, a fourth-year journalism student at the University of King's College in Halifax, says the main problem he has encountered in the run-up to finals is content overload.

"From September to December, there is so much that you learn that it's really difficult to retain all of the material," he says.

He solves that problem by forming study groups. Using flash cards, the students quiz each other and improve their ability by sorting the information as needed. "Studying in a group was a big thing because when we weren't sure about something, we had somebody there that we could talk with," he says.

Harrison also talks to his professors regularly to ensure he knows what areas are especially important for exam preparation.

He uses the winter break to assess his performance. "It's good to shake the bad habits you may have picked up in the first half and refocus and re-energize for the second half of the year," he says.

– Jon Tattrie

ATHABASCA'S NEW E-LAB MAKING IT EASIER TO LEARN

Forget about financial barriers getting in your way of your educational dreams, Athabasca University's new, free e-lab now makes it easier to learn, create, connect, share and research.

Open to AU students, faculty, staff, alumni, partners of AU and the general public, this revolutionary learning tool changes the way education is delivered.

"The e-lab at AU is unique in Canada," says Dr. Evelyn Ellerman, founder of AU's communication studies program and visionary for the e-lab.

"No other university facility has this breadth in terms of a single site that offers access to online learning tools and resources, skills development, social media and research."

The e-lab serves all the practical functions that physical university labs have served in the past, but it also anticipates the future by providing an online environment that encourages new forms of learning and professional growth.

"The e-lab takes a comprehensive approach to what it means to study and research online," says Ellerman.

"It's been designed to develop and enhance the university's capacity as an online institution."

Ellerman hopes this lab will change the relationship between students and education and address the Internet age.

The elements of the e-lab include: E-portfolios; virtual tool cupboard; social media on the landing; self-guided workshops; research projects; exhibitions; Canadian Film Online, funded by the Canadian Heritage.

Although the e-lab was originally created to support AU's students and faculty, the open access policy makes most of its content and services available to the wider digitally community.

For more about the e-lab, visit elab.athabascau.ca.

– with files from Athabasca University

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Athabasca University

SHERIDAN COLLEGE PHOTO

SECURE A NEW CAREER

ROLE OF AN ISS PROFESSIONAL IS GROWING MORE IMPORTANT

We live in an increasingly integrated, wired world. While this provides us many advantages, both personally and professionally, it also makes us vulnerable.

Both individuals and the companies they work for face a variety of threats, from identity theft to privacy issues to deliberate cyber attacks. These threats can come at any time.

Therefore, the role of the information systems security (ISS) professional grows more important every day.

It is surprising, then, that the number of people who possess this specialized skill set remains so small. One of the reasons for this is the lack of options for those interested in the field. Relatively few post-graduate-level programs dedicated to this kind of security can be found anywhere in the world.

But there is one in Canada. It is Sheridan College's four-year bachelor of applied information sciences (information systems security) degree program.

Popular with employers and students alike, the information systems security degree program combines in-class study with a 28-week paid internship in the form of a field placement to prepare you for a successful career.

The program is ideal for students with an interest in security, cryptography, and the protection of infrastructure. These are technically savvy individuals — familiar with computers and comfortable working in front of them for extended periods. They possess a natural curiosity and an enthusiasm for problem solving and hard work.

The program covers all aspects of computer systems security, including network and database security, digital forensics and data recovery, malicious code protection and analysis, applied cryptology, and privacy protection.

Classes for Sheridan College's next bachelor of applied information sciences (information systems security) program don't start until September 2013. But you can look into enrolment right now by visiting ontariocolleges.ca.

To find out more, visit sheridancollege.ca, or phone 905-845-9430, ext. 2339.

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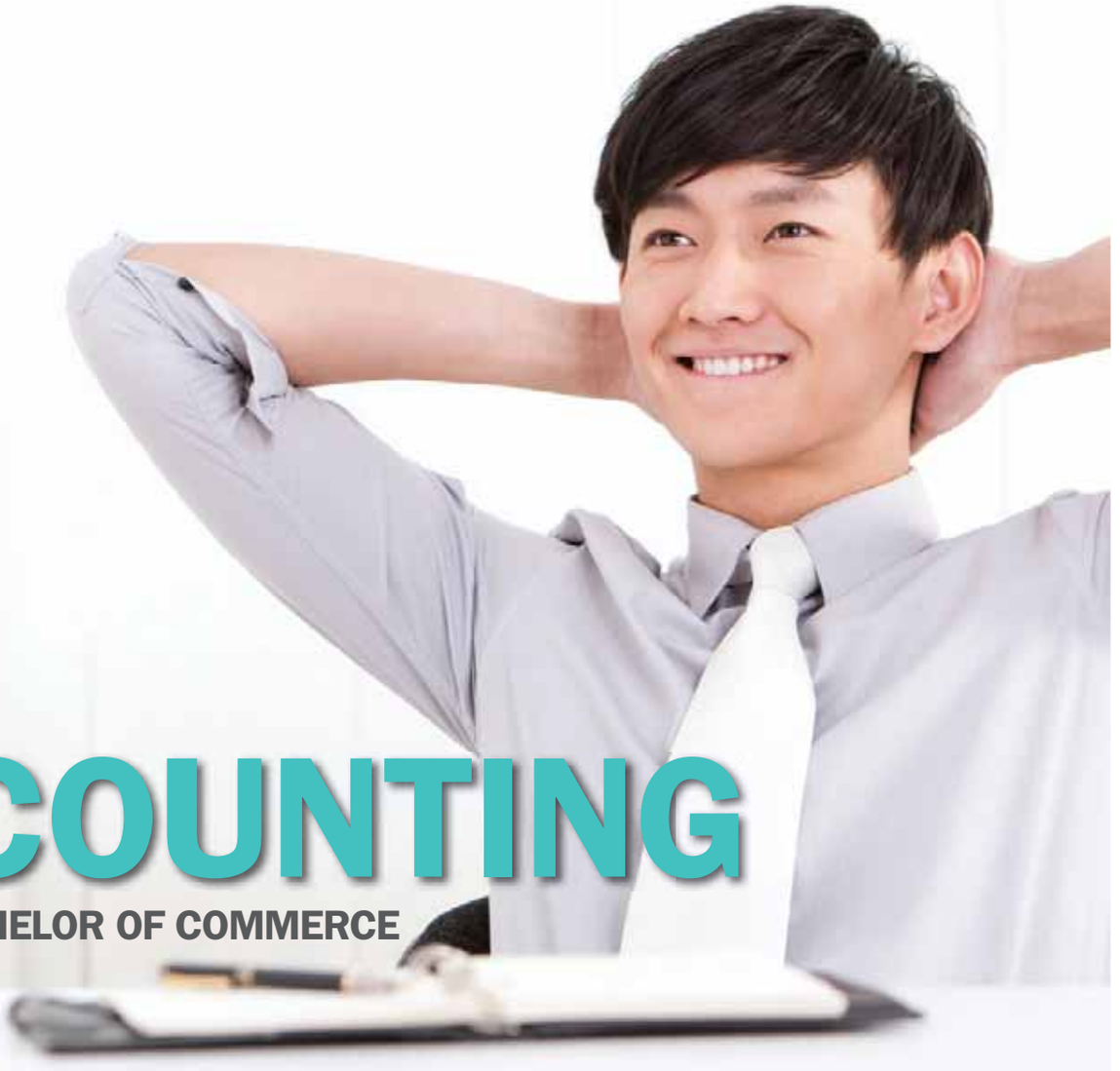

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STUDY ON THE WATERFRONT

GEORGE BROWN COLLEGE HAS NEW CAMPUS

GEORGE BROWN COLLEGE PHOTO

George Brown College's new Waterfront Campus brings students a state-of-the-art facility — one with classrooms, clinics, laboratories, and theatres optimized for 21st-century learning.

It is beautiful, too. An architecturally distinctive place, the Waterfront Campus boasts informal learning spaces, rooftop terraces, and a strong connection to nearby parkland and the Toronto Harbour. To study here is to experience the best that George Brown has to offer, both inside and out.

It will also be on the cutting-edge of health-care education. The Waterfront Campus is home to the Centre for Health Sciences, encompassing George Brown's School of Dental Health, School of Health and Wellness, School of Health Services Management, and School of Nursing. Students in these programs take a cross-disciplinary approach to their studies — working in concert, under the supervision of faculty and staff, to develop a more holistic approach to patient care.

"Designed to support interprofessional education, the Waterfront Campus gives students — from an array of health-care programs — an opportunity to learn about, from, and with each other," says Lorie Shekter-Wolfson, assistant vice-president, waterfront development, and dean of community services and health sciences. "By bringing four formerly disconnected schools together in one location, the campus also enables the college to deliver on its long-held goal to be a Canadian leader in interprofessional education delivery, ensuring Ontarians have access to the right number and mix of caregivers to take care of their needs."

Key to achieving this goal is the Waterfront Campus' WAVE (Wellness, Applied Research and Visionary Education) group of clinics, located on-site. WAVE is comprised of a dental clinic, a hearing clinic, fitness studios, and other health-care facilities. It gives students and faculty the means to offer high-quality, cost-effective health-care services to the community.

This isn't just valuable for the public. By providing students the opportunity to work with real patients, in a safe and controlled clinical environment, WAVE helps them develop the practical skills and experience they will need to join the health-care industry.

If you wish to book an appointment at the WAVE group of clinics, simply visit WAVE client services reception, located on the third floor. You can also call 416-415-4547, or email chsclientservices@georgebrown.ca.

George Brown College's Waterfront Campus is located at 51 Dockside Dr. in Toronto. To learn more about its facilities and the programs taught there — and how they may be right for you — visit georgebrown.ca/waterfront.

DISCOVER CENTENNIAL

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Progress Campus, Athletic & Wellness Centre, 941 Progress Ave., Toronto (east of Markham Rd. and south of Hwy 401)

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For more information, call 416-289-5325, e-mail success@centennialcollege.ca or visit us online at centennialcollege.ca/discover

See where experience takes you.

THE BASICS OF BUSINESS

HUMBER COLLEGE PHOTO

REWARD YOURSELF WITH A DEGREE FROM HUMBER

Do you have the makings of a great businessperson? You need the right qualities: Decisiveness, confidence, and ease with people. And one more, just as important as the rest: An open mind.

At the Business School, part of Humber College, you will be rewarded for your open mind and encouraged to develop it further. And the result, after four years of hard work, will be a degree you know is right for you.

The Business School offers 10 four-year degrees, ranging in specialty from accounting to marketing to supply chain management. They are taught by instructors from a mix of backgrounds: Some pure academics; others, business leaders with years of experience to draw upon. Class sizes are small. You are sure to find a subject that interests you, delivered in a format that takes your personal learning style into account.

But you don't need to decide on a discipline right away. Like a lot of students, you may not know what you want to do with your life just yet. You would rather keep an open mind. The Business School allows you to do that.

At the Business School, students in these 10 four-year programs spend their first two years taking the same foundational courses. Here they learn the basics: Knowledge any businessperson ought to have, covering subjects such as accounting, business law, e-commerce, and human resources management.

Even if you enrol at the Business School with a firm idea of what you want to study, taking these foundational courses will enrich your understanding of the way business functions. Every day you will interact with people whose backgrounds, goals, and areas of interest differ from yours. You will be exposed to other disciplines, and other methods of approaching problems. You will finish these courses with a solid awareness of the challenges faced by your colleagues in other fields. These are people you will have to work with — directly or indirectly — down the road.

The Business School's foundational courses can be valuable in another way, too. They give you the chance to change your mind.

Perhaps you will find that the career path you had planned on isn't right for you after all, and decide to pursue a different path. At many business schools, changing direction like this, partway through a dedicated four-year degree program, is difficult and costly. But not if you study at Humber.

At Humber's Business School, you will have two years to sample different disciplines and get a feel for the one that suits you best. If your original choice no longer feels right, you can refocus without losing any momentum. It's a system that "gets" you, and where you are coming from.

It is a system that's open-minded, just like you are.

To learn more about the Business School's common platform of business courses, visit business.humber.ca/site/common-platform.

KNOW ALL YOUR OPTIONS

At the Business School, part of Humber College, you can choose a four-year degree program that turns your passion into a promising career.

You will begin by completing a two-year common platform of study, during which you will learn the fundamentals of business practice across various fields.

In business, as in life, it's important to know all your options before making big decisions. At the Business School, you aren't required to choose a specialization until you have had a chance to explore and master a comprehensive range of business disciplines By Year 3, having studied and weighed all of your options, you will be ready to make it.

The Business School's common platform leads directly into 10 different specializations. With your grounding in business basics, you will be ready to continue with your bachelor of commerce in accounting, e-business marketing, fashion management, hospitality and tourism management, international business, or human resources management.

HUMBER COLLEGE PHOTO

You will also be ready for the Business School's four newest bachelor of commerce degree programs: Management studies; finance; supply chain management; and marketing, all beginning September 2013. These programs offer the same mix of small class sizes, quality instructors, and practical learning that distinguish the Business School's existing programs.

"These new programs allow us to offer a wider range of choices for our students, and prospective students, while providing them additional opportunities for employment," says Paul Griffin, associate dean – business degrees, Humber Institute of Technology & Advanced Learning. "We maintain strong ties to the industries in which they are likely to work after graduating. Graduates of any of these programs will have the potential to be promoted to mid-level management positions within five to 10 years, or pursue graduate studies in the same or related fields."

All programs last four years, consisting of eight semesters of classroom study, plus one mandatory, paid work term. Classes will be held at Humber's Lakeshore Campus, located along Toronto's public transit line.

Contact the Business School today, and turn who you want to be into who you are.

DISCOVER MORE

To discover how the common platform at the Business School, part of Humber College, can help you choose the Business degree that suits you best, contact Paul Griffin, PhD, Associate Dean – Business Degrees, at the Humber Institute of Technology and Advanced Learning. Griffin's office is located at 3199 Lake Shore Blvd. W, Room H215, in Toronto. He can be reached by telephone at 416-675-6622, ext. 3226.

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NUMBERS ADD UP TO BECOMING A CGA

You can become a certified general accountant in as little as two years.

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Simply put, becoming a CGA opens doors.

You can start your journey today by enrolling in CGA Ontario's online program. This program gives you 24-hour access to your learning environment, allowing you to study at a time and location that is best for you, even while maintaining a full-time work schedule.

You will receive feedback from your instructor and peers, just as in a traditional classroom. Lectures and notes are archived and available for your review when you need them. You will be able to put emphasis on those subjects you know the least about, and skim those you already know well.

To be eligible for CGA Ontario's online program, you must possess a degree from a recognized college or university. Depending on the type of degree you have, you may qualify for various transfer credits. CGA Ontario can help you determine which ones ahead of time. If you don't qualify, CGA Ontario offers foundational courses that prepare you for the next step.

To become a CGA, you must complete two elective courses, selected from a list of six. Both can be completed within one year. Following this, you will take two certification courses: Issues in professional practice, which is mandatory; and either strategic financial management or applications in public practice. Completing these courses takes one more year.

Earning your CGA designation also requires a minimum of two years of work experience. However, this period doesn't need to begin when your studies have ended. CGA Ontario's online program gives you the flexibility to complete your academic and applied requirements at the same time. The choice is yours.

CGA Ontario offers four program sessions per year. The deadline to apply for the next session is Nov. 20. To learn more, visit cga-ontario.org, or contact a client service adviser at 800-668-1454.

Centennial College School of Business team after winning last year's Ontario Colleges Marketing Competition.

CENTENNIAL COLLEGE PHOTO

STAKES ARE HIGH FOR CENTENNIAL

HOSTING ONTARIO COLLEGES MARKETING COMPETITION

Last year, Centennial College business students won the prestigious Ontario Colleges Marketing Competition (OCMC), beating out 12 other teams from colleges across the province. It was a proud moment. But for this year's team, the stakes are higher. This year, Centennial is both competing in, and hosting, OCMC.

"For Centennial, OCMC 2012, to be held Nov. 15-16, is more than a chance to showcase student excellence," says Heba Hassan, professor and competitions co-ordinator. "It's also an opportunity to leave a permanent mark on the competition itself — one befitting the leadership role Centennial now plays in Ontario and beyond."

How will OCMC 2012 be different? For one thing, it will be greener. This year's registration system will be completely paperless.

Centennial will also hold a resumé clinic, sponsored by jobpostings.ca, to be held at the Delta Toronto East hotel.

Centennial will expand OCMC's marketplace as well. The marketplace is a vendor exhibition that doubles as a job and recruitment fair. It provides a chance for students of participating colleges, along with faculty, coaches, and guests, to network and learn about new opportunities. The marketplace will welcome business guru, Tony Chapman, as its keynote speaker.

Chapman isn't Centennial's only special guest. Suhana Meharchand, of the CBC News Network, will serve as master of ceremonies for the OCMC gala dinner and awards banquet. She will also host this year's Quiz Bowl.

This year's OCMC theme is INSPIRE. To read more about what Centennial is planning, visit centennialcollege.ca/ocmc.

As host of this year's Ontario Colleges Marketing Competition (OCMC), Centennial College gratefully acknowledges the support of many sponsors. Among them: OCMC 2012's presenting sponsor, ScotiaBank; media/campus partner, jobpostings.ca; platinum sponsor, Dimensional Products; and gold sponsors, ZipGraphix and the Ontario Chamber of Commerce.

A great education isn't just about gaining knowledge. It's about being able to apply knowledge in the real world in creative and innovative ways.

At Sheridan, you'll learn to put your knowledge to work to solve problems, generate ideas, and stand out from the crowd in a competitive job market.

Sheridan offers bachelor's degrees, diplomas, certificates, apprenticeships, post-graduate programs and extensive continuing education options.

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BUILDING A BOND OF TRUST

INTERNSHIP PART OF SHERIDAN'S ISS PROGRAM

SHERIDAN COLLEGE PHOTO

You might think that a degree program in information systems security (ISS) could be taught entirely in classrooms and labs. The work is, after all, computer-based.

You would be wrong.

The truth is that any career in the security field requires a great deal of one-on-one interaction. To do their jobs successfully, ISS professionals must build a bond of trust with the companies or individuals they are helping. This takes strong communication skills, hard work and, above all, time.

That is why Sheridan College's bachelor of applied information sciences (information systems security) program includes a mandatory, paid internship, which is completed between the student's third and fourth year of study. During this internship, the student will be employed by at least one company in need of his or her services. The company will have a long time to benefit from those services, too: As much as 28 weeks.

Why such a long internship? Because these companies want to do more than train students — they want to invest in them, for the long term. Due to the sensitive nature of the work they do, building a comfort level between company and student takes a while. Sheridan's internships are designed to give both parties the time they need to build a strong relationship.

Internships also expose students to the various workplace tasks, and rules of conduct and professional behaviour, that cannot be mastered in a classroom environment. These soft skills are crucial to any successful ISS career, and the practical experience provided by Sheridan's internship is the best way to learn them.

This, combined with the high-quality instruction they receive in class, makes graduates of the program an effective and sought-after addition to any workforce. In fact, it is common for students to be offered positions with companies they intern at, even before their degrees are completed.

"Sheridan College's bachelor of applied information sciences, with its strong focus on information systems security, provided me with a solid foundation on which to build my career," says Nick Johnston, a graduate of the program. "The knowledge and hands-on skills I developed in the program have allowed me to excel in the information security industry and in my post-graduate studies."

To learn more about how Sheridan College's bachelor of applied information sciences program may be right for you, visit sheridancollege.ca.

CAMPUS INFO

Sheridan College's bachelor of applied information sciences (information systems security) program is taught exclusively at the college's Trafalgar Road campus, located at 1430 Trafalgar Rd., in Oakville.

Boasting technically advanced laboratory space, the Trafalgar Road campus also features an athletic facility, student centre (ConneXion), library, and a variety of food outlets.

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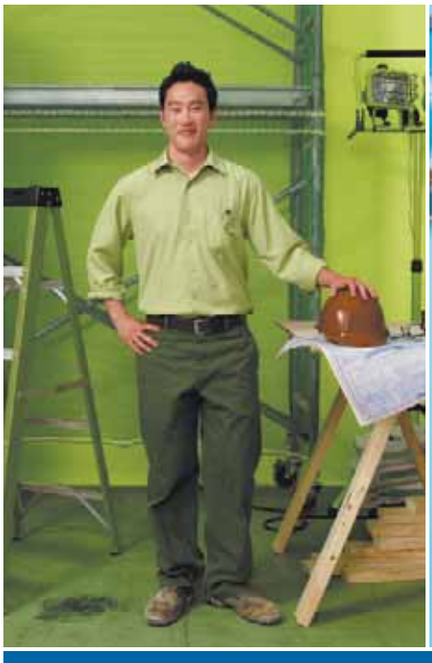

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Consider that pink slip a colourful second chance

This hurts — but if you didn't actually love the job, now is a good time to do some thinking. ISTOCK

Grin after the goodbye. How to bounce back from a surprise layoff

JULIA WEST
life@metronews.ca

No matter how many stories you hear about downsizing and layoffs, you're never quite prepared when you're the one losing a job. There's nothing wrong with being shaken and shocked by the initial blow — it's all about how you get back on your feet that will make the difference in your career's trajectory.

Before you start feverishly editing your resumé and obsessing over job sites, take some time to process what happened.

Ricky Cohen, author of Risk to Succeed, suggests taking three weeks before making any big moves.

"During the first week a person should mourn his or her loss," explains Cohen. "The second week should be dedicated to an objective evaluation of where he stands, the lessons learned and the future opportunities. The third week should be one where a plan is developed with the components to ensure the greatest possibility of success."

I see the light!

"If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."

Josh Tolan
CEO of Spark Hire

During this time of reflection, it's a good idea to think about what excites you. If you're going to redirect the path of your career, now is a great time to do so.

"Ask yourself what you really want to do," says Josh Tolan, CEO of Spark Hire.

"Have you just stayed at your job because it was a steady paycheque or because you really loved what you were doing day in and day out? If you were unhappy even before the pink slip, use this as an opportunity to refocus your energies."

When the time comes for you to start applying for a new position, try to remain positive.

"Attitude is everything during the job search," says Amit De, CEO and co-founder of Careerleaf.

"An unexpected layoff is certain to start a job search off in a less-than-positive direction. As a job seeker, it's important to remain positive, confident and prepared."

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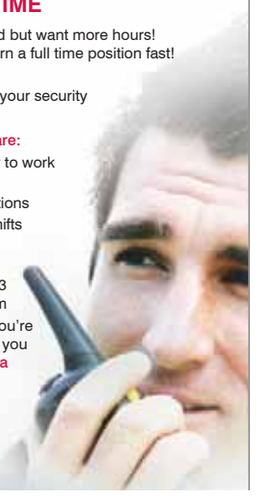

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Hockey Hall of Fame inductees, from left, Mats Sundin, Joe Sakic, Adam Oates and Pavel Bure pose in Toronto on Monday. RICK MADONIK/TORSTAR NEWS SERVICE

Lockout on minds of 2012 inductees

Hall of fame. 'I think it's devastating,' says former Leaf Sundin as new class enshrined in Toronto

There is something missing from Joe Sakic's new plaque at the Hockey Hall of Fame and it's not because the printer made a mistake.

Among the list of his many achievements is no mention of his 21st NHL season, the one that was never played because of the 2004-05 lockout. With the sport back in another labour dispute, Sakic reflected on the year that never was on the day he took his place among hockey's greats.

"I lost a year of hockey," Sakic said Monday prior to the induction ceremony. "It would have been 21 years instead of 20. That's what you lose."

Fellow inductees Mats Sundin and Adam Oates were also in the NHL when the last lockout hit while Pavel Bure, the fourth member of the class, was already retired.

Sundin never managed to win a Stanley Cup and can't help but wonder what could have been had the 2004-05 season been played. His Maple Leafs were on a run of six consecutive playoff appearances before that work stoppage.

"It was awful," said Sundin. "I think it's devastating."

The current lockout made Hall of Fame ceremonies a more subdued affair than usual. The four inductees were to have been honoured at Air Canada Centre prior to a Leafs-Devils game on Friday night — a missed opportunity in particular for Sundin, the longtime Toronto captain, and Oates, who grew up in the city.

Sundin is back living in his native Sweden now, but the impact of another work stoppage hasn't gone unnoticed.

"I think it's huge," he said. "It's the biggest representative of the game of hockey in the world. When the NHL is not going, people lose focus on hockey."

Added Sakic: "It hurts the players, it hurts the owners, it hurts the fans and it hurts the game."

The two men at the centre of collective bargaining negotiations, commissioner Gary Bettman and NHLPA executive director Donald Fehr, were both expected to attend Monday night's ceremony. They were anxious to try and keep a low profile.

All four members of this year's Hall of Fame class were affected by a labour disruption during their careers — Bure was playing for the Vancouver Canucks during the lockout-shortened 1994-95 season — and it's reasonable to expect that trend will continue for some time after four work stoppages in the last 20 years. THE CANADIAN PRESS

By the numbers

2

Of the four former NHLers inducted on Monday, Joe Sakic was the only one to win a Stanley Cup. Sakic won two with the Colorado Avalanche (1995-96, 2000-01).

Quoted

"I think it's the biggest achievement you can get in hockey ... for me it's a huge honour. It feels great."

Hockey Hall of Fame inductee Pavel Bure

Statistics

2012 HALL OF FAME CLASS

	GP	G	A	PTS
Pavel Bure	702	437	342	779
Playoffs	64	35	35	70
Joe Sakic	1378	625	1016	1641
Playoffs	172	84	104	188
Mats Sundin	1346	564	785	1349
Playoffs	91	38	44	82
Adam Oates	1337	341	1079	1420
Playoffs	163	42	114	156

Torstar News Service

Cycling

Armstrong cuts ties with charity

Lance Armstrong has cut formal ties with his cancer-fighting charity to avoid further damage brought by doping charges and being stripped of his seven Tour de France titles.

Armstrong resigned from the board of directors for Livestrong on Nov. 4. He had resigned Oct. 17 as chairman from the charity he founded but had kept a seat on the board.

The U.S. Anti-Doping Agency ordered Armstrong banned from the sport for life and stripped him of his titles.

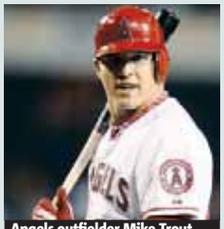
Livestrong spokesperson Katherine McLane said Monday that Armstrong "remains the inspiration" and is still its largest donor with nearly $7 million US pledged. THE ASSOCIATED PRESS

MLB

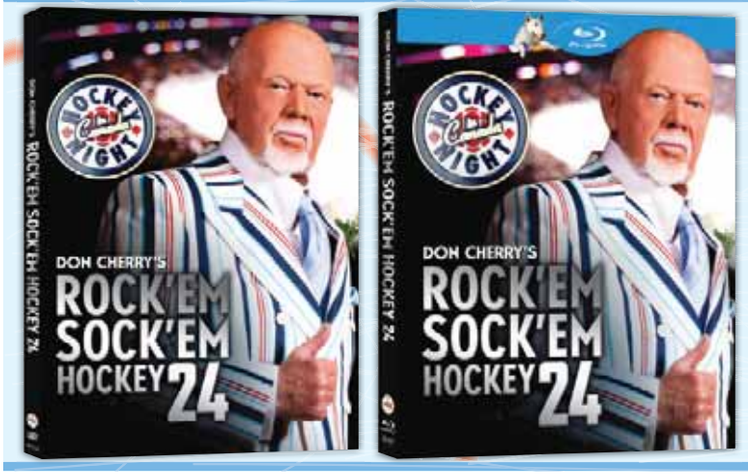
Trout, Harper named top rookies

Mike Trout of the Los Angeles Angels became the youngest AL Rookie of the Year on Monday and Bryce Harper of the Washington Nationals was voted the second-youngest winner of the NL honour.

Trout, who turned 21 on Aug. 7, hit .326 with 30 homers and 83 RBIs. Harper, who turned 20 on Oct. 16, batted .270 with 22 home runs and 59 RBIs. THE ASSOCIATED PRESS



Angels outfielder Mike Trout
GETTY IMAGES FILE



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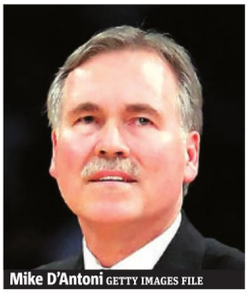
Raps hang tough with Pacers

Toronto Raptors guard Jose Calderon, right, shoots past Utah Jazz guard Mo Williams Monday in Toronto. For last night's result, visit metronews.ca/sports FRANK GUNN/THE CANADIAN PRESS

NBA. D'Antoni hiring a plot twist in Hollywood



Mike D'Antoni GETTY IMAGES FILE

Pau Gasol got home from the game and read about it on Twitter, while Dwight Howard got a midnight message on his BlackBerry. They shared most Los Angeles Lakers fans' mix of surprise, trepidation and anticipation.

Just when everybody thought the Lakers were getting back together with Phil Jackson, they switched course in the middle of the night and went with Mike D'Antoni.

What a weekend in Hollywood — and the real drama isn't over yet.

The Lakers reacted with ample excitement and a little bewilderment Monday to their front office's surprising decision to hire D'Antoni as coach Mike Brown's replacement over Jackson, the 11-time champion who discussed the job at his home Saturday and apparently wanted to return. D'Antoni didn't even interview for the job in person, speaking to the Lakers over the phone.

The Lakers' third coach in four days won't take over the team until later in the week. D'Antoni still hadn't been cleared to travel Monday after undergoing knee replacement surgery earlier in the month, although the Lakers are optimistic the former Knicks and Suns coach will arrive in Los Angeles on Wednesday.

So interim coach Bernie Bickerstaff was still in charge Monday when the Lakers gathered for an informal workout ahead of Tuesday's game against San Antonio.

THE ASSOCIATED PRESS

Quoted

"It has been crazy, but all this stuff will just make this team stronger."

Lakers centre Dwight Howard on the Lakers' front office decision to hire Mike D'Antoni over Phil Jackson

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
New York	4	0	1.000	—
Miami	5	2	.714	1/2
Chicago	4	2	.667	1
Philadelphia	4	2	.667	1
Brooklyn	3	2	.600	11/2
Milwaukee	3	2	.600	11/2
Boston	3	3	.500	2
Indiana	3	4	.429	21/2
Atlanta	2	3	.400	21/2
Charlotte	2	3	.400	21/2
Orlando	2	4	.333	3
Cleveland	2	5	.286	31/2
Toronto	1	5	.167	4
Washington	0	5	.000	41/2
Detroit	0	7	.000	51/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	6	1	.857	—
L.A. Clippers	5	2	.714	1
Oklahoma City	5	2	.714	1
Memphis	5	1	.833	1/2
Minnesota	4	2	.667	11/2
New Orleans	3	2	.600	2
Dallas	4	3	.571	2
Denver	4	3	.571	2
Houston	3	3	.500	21/2
Golden State	3	4	.429	3
Utah	3	4	.429	3
L.A. Lakers	3	4	.429	3
Phoenix	3	4	.429	3
Portland	2	4	.333	31/2
Sacramento	2	5	.286	4

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results
Utah at Toronto
Milwaukee at Philadelphia
Oklahoma City at Detroit
Miami at Houston
Boston at Chicago
Minnesota at Dallas
Denver at Phoenix
Atlanta at Portland

Sunday's results
Brooklyn 82 Orlando 74
L.A. Clippers 89 Atlanta 76
Memphis 104 Miami 86
Oklahoma City 106 Cleveland 91
L.A. Lakers 103 Sacramento 90

Tuesday's games
All Times Eastern
Toronto at Indiana, 7 p.m.
New York at Orlando, 7 p.m.
Washington at Charlotte, 7 p.m.
Cleveland at Brooklyn, 7:30 p.m.
Portland at Sacramento, 10 p.m.
San Antonio at L.A. Lakers, 10:30 p.m.

Wednesday's games
Detroit at Philadelphia, 7 p.m.
Utah at Boston, 7:30 p.m.
Charlotte at Minnesota, 8 p.m.
Memphis at Oklahoma City, 8 p.m.
Indiana at Milwaukee, 8 p.m.
New Orleans at Houston, 8 p.m.
Washington at Dallas, 8:30 p.m.
Chicago at Phoenix, 9 p.m.
Miami at L.A. Clippers, 10:30 p.m.
Atlanta at Golden State, 10:30 p.m.

Thursday's games
Boston at Brooklyn, 8 p.m.
New York at San Antonio, 8:30 p.m.
Miami at Denver, 10:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Manchester	11	7	3	0	1	32	21	15
Worcester	13	6	5	1	1	35	42	14
Portland	11	5	4	1	1	41	37	12
St. John's	13	6	7	0	0	27	39	12
Providence	11	4	6	0	1	23	31	9

NORTHEAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Springfield	11	8	1	0	2	40	17	18
Bridgeport	11	8	3	0	0	38	34	16
Connecticut	12	5	6	1	0	40	45	11
Adirondack	11	5	6	0	0	26	33	10
Albany	11	3	5	0	3	22	28	9

EAST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Syracuse	11	7	2	1	1	38	32	16
Norfolk	12	7	5	0	0	39	38	14
Binghamton	11	5	4	1	1	26	30	12
W-B/Scranton	12	6	6	0	0	31	29	12
Hershey	12	5	6	1	0	31	32	11

WESTERN CONFERENCE

NORTH DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Lake Erie	13	9	4	0	0	46	37	18
Abbotsford	11	7	1	1	2	37	20	17
Rochester	12	7	4	1	0	45	39	15
Toronto	11	6	4	0	1	33	31	13
Hamilton	10	4	4	1	1	22	31	10

MIDWEST DIVISION

	GP	W	L	OTL	SOL	GF	GA	Pt
Grand Rapids	13	7	4	1	1	46	41	16
Chicago	12	7	4	1	0	34	37	15
Milwaukee	12	6	6	0	0	34	34	12
Rockford	12	5	6	0	1	35	39	11
Peoria	12	2	7	2	1	22	45	7

SOUTH

	GP	W	L	OTL	SOL	GF	GA	Pt
Charlotte	13	9	3	0	1	50	32	19
Oklahoma City	12	6	5	0	1	33	36	13
Houston	13	5	5	1	2	45	43	13
San Antonio	10	4	5	0	1	22	27	9
Texas	11	4	6	0	1	24	37	9

Note: Two points awarded for a win, one for an overtime or shootout loss.

Monday's result
Norfolk 5 Albany 4 (SO)

Sunday's results
Connecticut 3 Bridgeport 4
Worcester 4 Providence 3 (SO)
Portland 3 Hershey 1
Norfolk 0 Springfield 5
Texas 4 Houston 2

Tuesday's games
All Times Eastern
Houston at San Antonio, 11:30 a.m.
Toronto at Oklahoma City, 11:35 a.m.
Lake Erie at Abbotsford, 10 p.m.

Wednesday's games
Adirondack at Manchester, 10 a.m.
Rochester at Hamilton, 10 a.m.
Worcester at Portland, 7 p.m.
Springfield at W-B/Scranton, 7:05 p.m.
Peoria at Rockford, 8:05 p.m.
Lake Erie at Abbotsford, 10 p.m.

Thursday, Nov. 15
San Antonio at Texas, 8:30 p.m.

Friday, Nov. 16
Albany at St. John's, 1:30 p.m.
Portland at Connecticut, 7 p.m.
Adirondack at Binghamton, 7:05 p.m.
Bridgeport at W-B/Scranton, 7:05 p.m.
Manchester at Providence, 7:05 p.m.
Abbotsford at Rochester, 7:05 p.m.
Springfield at Norfolk, 7:30 p.m.
Hershey at Syracuse, 7:30 p.m.
Toronto at Hamilton, 7:30 p.m.
Grand Rapids at Lake Erie, 7:30 p.m.
Milwaukee at Oklahoma City, 8 p.m.
Houston at Rockford, 8:05 p.m.
Chicago at Peoria, 8:05 p.m.
Charlotte at San Antonio, 8:30 p.m.

CFL

PLAYOFFS

Sunday's results
DIVISION SEMIFINALS
Byes: B.C., Montreal
East Division
Toronto 42 Edmonton 26
West Division
Calgary 36 Saskatchewan 30
Sunday, Nov. 18 — All Times Eastern
DIVISION FINALS
East Division — All Times Eastern
Toronto at Montreal, 1 p.m.
West Division
Calgary at B.C., 4:30 p.m.
Sunday, Nov. 25
100TH GREY CUP
At Toronto — East vs. West Winners, 6 p.m.

GOLF

WORLD RANKING

Through November 12

1. Tiger Woods	9.12
2. Luke Donald	8.77
3. Lee Westwood	6.72
4. Adam Scott	6.24
5. Louis Oosthuizen	6.21
6. Justin Rose	6.17
7. Jason Dufner	5.91
8. Brandt Snedeker	5.70
9. Webb Simpson	5.70
10. Bubba Watson	5.58
11. Steve Stricker	5.18
12. Phil Mickelson	5.18
13. Keegan Bradley	5.05
14. Nick Watney	5.00
15. Ian Poulter	5.00
16. Matt Kuchar	4.96
17. Dustin Johnson	4.89
18. Peter Hanson	4.82
19. Ernie Els	4.75
20. Zach Johnson	4.71
21. Sergio Garcia	4.58
22. Bo Van Pelt	4.50
23. Graeme McDowell	4.42
24. Hunter Mahan	4.25
25. Jim Furyk	4.00
26. Paul Lawrie	3.77
27. Francesco Molinari	3.66
28. Rickie Fowler	3.61
29. Carl Pettersson	3.58
30. Jason Day	3.41
31. Martin Kaymer	3.41
32. Charl Schwartzel	3.38
33. Nicolas Colsaerts	3.37
34. Gonzalo Fernandez-Castano	3.32
35. Bill Haas	3.31
36. John Senden	3.14
37. David Toms	3.13
38. Branden Grace	3.12
39. Robert Garrigus	3.07
40. Ryan Moore	3.04
41. Scott Piercy	2.94
42. David Lynn	2.74
43. Thomas Bjorn	2.74
44. K.J. Choi	2.73
45. Matteo Manassero	2.65
46. Fredrik Jacobson	2.41
47. Jamie Donaldson	2.39
48. Alexander Noren	2.35
49. Geoff Ogilvy	2.34
50. Martin Laird	2.34

TRANSACTIONS

MLB

COMMISSIONER'S OFFICE — Suspended free agent RHP Rafael Martinez 50 games for a violation of the Minor League Drug Prevention and Treatment Program.

AMERICAN LEAGUE

TEXAS RANGERS — Agreed to terms with C Juan Apodaca, OF Jim Adduci, LHP Neal Cotts, OF Aaron Cunningham, and RHP Yonata Ortega on minor league contracts.

NATIONAL LEAGUE

ATLANTA BRAVES — Named Randy Ready manager of Gwinnett (IL).
CHICAGO CUBS — Named P.J. Mainville trainer.
LOS ANGELES DODGERS — Named Pedro Avila, Gene Grimaldi, Patrick Guerrero, Pat Kelly, Jamey Storvick and Mike Tosar international scouts; Josh Bard player personnel special assistant; and Willie Fraser and Scott Groot professional scouts. Reassigned player personnel special asssitant Bill Mueller full-time professional scout.
NEW YORK METS — Named Jim Malone strength and conditioning co-ordinator.

NBA

LOS ANGELES LAKERS — Named Mike D'Antoni coach.

NFL

BUFFALO BILLS — Signed CB Delano Howell to the practice squad.
CAROLINA PANTHERS — Fired special teams co-ordinator Brian Murphy. Promoted assistant special teams coach Richard Rodgers to special teams co-ordinator.
CINCINNATI BENGALS — Signed LB Ben Jacobs to the practice squad. Released OT Jeff Adams from the practice squad.
GREEN BAY PACKERS — Signed LB Vic So'oto. Placed T Bryan Bulaga on injured reserve.
INDIANAPOLIS COLTS — Activated NT Josh Chapman from the non-football-injury list. Signed TE Kyle Miller from the practice squad. Placed DT Drake Nevis and CB Jerraud Powers on injured reserve.
JACKSONVILLE JAGUARS — Signed LB Greg Jones. Released WR Anthony Armstrong.
KANSAS CITY CHIEFS — Placed DE Glenn Dorsey on injured reserve. Signed CB Neiko Thorpe from the practice squad.
NEW ENGLAND PATRIOTS — Released LB Jeff Tarpinian.

AHL

AHL — Suspended Toronto LW Leo Komarov one game for his actions during Saturday's game.

TENNIS

ATP BARCLAYS WORLD CHAMPIONSHIPS

At London
Monday's results
Singles
Championship
Novak Djokovic (1), Serbia, def. Roger Federer (2), Switzerland, 7-6 (6), 7-5.
Doubles
Championship
Marcel Granollers and Marc Lopez (6), Spain, def. Mahesh Bhupathi and Rohan Bopanna (5), India, 7-5, 3-6, 10-3.

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	6	3	0	.667	299	201
Miami	4	5	0	.444	173	186
N.Y. Jets	3	6	0	.333	175	228
Buffalo	3	6	0	.333	211	285

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	1	0	.889	250	143
Indianapolis	6	3	0	.667	186	201
Tennessee	4	6	0	.400	219	311
Jacksonville	1	8	0	.111	127	246

NORTH

	W	L	T	Pct	PF	PA
Baltimore	7	2	0	.778	254	196
Pittsburgh	5	3	0	.625	191	164
Cincinnati	4	5	0	.444	220	231
Cleveland	2	7	0	.222	169	211

WEST

	W	L	T	Pct	PF	PA
Denver	6	3	0	.667	271	189
San Diego	4	5	0	.444	209	191
Oakland	3	6	0	.333	191	284
Kansas City	1	7	0	.125	133	240

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	6	4	0	.600	267	216
Dallas	4	5	0	.444	188	204
Philadelphia	3	6	0	.333	156	221
Washington	3	6	0	.333	226	248

SOUTH

	W	L	T	Pct	PF	PA
Atlanta	8	1	0	.889	247	174
Tampa Bay	5	4	0	.556	260	209
New Orleans	4	5	0	.444	249	256
Carolina	2	7	0	.222	163	216

NORTH

	W	L	T	Pct	PF	PA
Chicago	7	2	0	.778	242	133
Green Bay	6	3	0	.667	239	187
Minnesota	6	4	0	.600	238	221
Detroit	4	5	0	.444	216	222

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	2	1	.778	213	127
Seattle	6	4	0	.600	198	161
St. Louis	3	5	1	.444	161	210
Arizona	4	5	0	.444	144	173

WEEK 10

Monday's result
Kansas City at Pittsburgh

Sunday's result
Cincinnati 31 N.Y. Giants 13
Denver 36 Carolina 14
Tampa Bay 34 San Diego 24
Tennessee 37 Miami 3
Baltimore 55 Oakland 20
New England 37 Buffalo 31
Minnesota 34 Detroit 24
New Orleans 31 Atlanta 27
Seattle 28 N.Y. Jets 7
Dallas 38 Philadelphia 23
San Francisco 24 St. Louis 24
Houston 13 Chicago 6

WEEK 11

Thursday, November 15
All Times Eastern
Miami at Buffalo, 8:20 p.m.
Sunday, November 18
Cleveland at Dallas, 1 p.m.
N.Y. Jets at St. Louis, 1 p.m.
Cincinnati at Kansas City, 1 p.m.
Arizona at Atlanta, 1 p.m.
Jacksonville at Houston, 1 p.m.
Philadelphia at Washington, 1 p.m.
Green Bay at Detroit, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
New Orleans at Oakland, 4:05 p.m.
Indianapolis at New England, 4:25 p.m.
San Diego at Denver, 4:25 p.m.
Baltimore at Pittsburgh, 8:20 p.m.
Monday, November 19
Chicago at San Francisco, 8:30 p.m.

SOCCER

MLS PLAYOFFS

CONFERENCE FINALS

(two-game, total-goals series)

EASTERN CONFERENCE

D.C UNITED VS. HOUSTON

(Houston leads series 3-1)
Sunday's result
Houston 3 D.C. 1
Sunday, November 18 — All Times Eastern
Houston at D.C., 3 p.m.

WESTERN CONFERENCE

SEATTLE VS. LOS ANGELES

Sunday's result
Los Angeles 3, Seattle 0
Sunday, November 18
Los Angeles at Seattle, 9 p.m.

ENGLAND

FA CUP

AFC Wimbledon 4 York City 3

PORTUGAL

LIGA

Monday's result
Maritimo 1 Vitoria Setubal 1

CIS FOOTBALL

CONFERENCE FINALS

Saturday's games
ATLANTIC CONFERENCE
Loney Bowl
Acadia 17 Saint Mary's 9
ONTARIO CONFERENCE
105th Yates Cup
McMaster 30 Guelph 13
QUEBEC CONFERENCE
Dunsmore Cup
Laval 40 Sherbrooke 17
CANADA WEST CONFERENCE
Hardy Cup
Calgary 38 Regina 14
Saturday, Nov. 17 — All Times Eastern

NATIONAL SEMIFINALS

UTECK BOWL
Acadia at Laval, 1 p.m.
MITCHELL BOWL
Calgary at McMaster, 4 p.m.
Friday, Nov. 23

48TH VANIER CUP

At Toronto
Uteck vs. Mitchell Bowl winners, 7:30 p.m.

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Bills RB Jackson out with concussion

NFL. Jackson's teammates take issue with Brandon Spikes, who was not penalized for hard hit

Bills running back Fred Jackson is out with a concussion, and there's at least one teammate who's unhappy with how Patriots linebacker Brandon Spikes celebrated after delivering the blow.

"Yeah, he'll get his," backup running back Tashard Choice said on Monday. "I don't like to see nobody get hurt, and then on top of that (Spikes) making fun of him while he's on the ground."

Choice was referring to how Spikes flexed his arm and then mouthed off at Jackson and several Bills players while the running back was down late in the fourth quarter of a 37-31 loss at New England.

"You know it's cool to make a big hit," Choice said. "But it's not cool when somebody's down like that."

Coach Chan Gailey announced Jackson was diagnosed with a concussion and will not play Thursday, when the Bills (3-6) host AFC East rival Miami (4-5). Gailey said Jackson began not feeling well during the team's flight home. Tests onMonday morning confirmed he had sustained a concussion.

Jackson was hurt at the end of a nine-yard catch and run, when he lowered his head while being swarmed by three New England defenders. Spikes got to Jackson first, lunging into him with his left forearm striking Jackson directly on the helmet.

Jackson fell immediately to the ground and fumbled the ball, which was recovered by centre Eric Wood. Spikes wasn't available because Patriots players have two days off.

THE ASSOCIATED PRESS

Quoted

"I think he's a punk at times. He's not high on my list." **Bills QB Ryan Fitzpatrick** on Patriots linebacker Brandon Spikes, who was penalized for roughing the passer on Sunday after he lunged headfirst into Fitzpatrick, knocking off the QB's helmet.

Fred Jackson of the Buffalo Bills is helped off the field after getting hurt Sunday in Foxborough, Mass. JARED WICKERHAM/GETTY IMAGES

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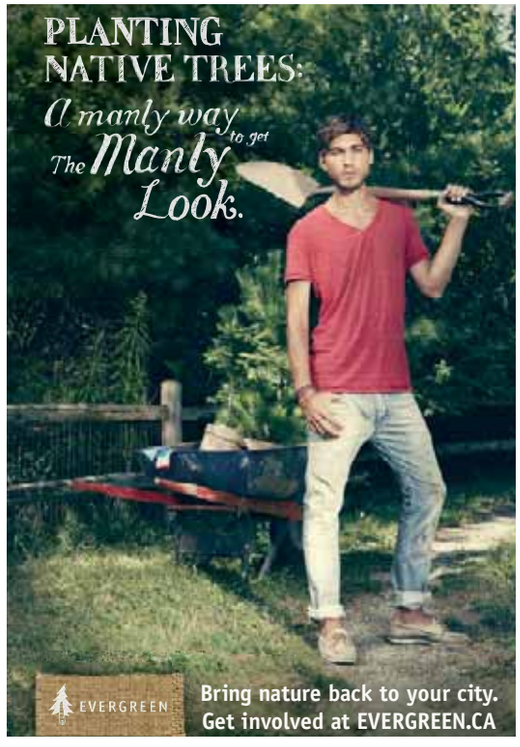
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Horoscopes

♈ Aries
March 21 - April 20
This is an extremely good time for you and if you don't have big plans for the next 24 hours then make some now. On the financial front especially, you can move ahead in leaps and bounds. Be bold.

♉ Taurus
April 21 - May 21
If you think you know what is best for a partner or loved one by all means, let them know. But don't push too hard or they may not take your advice. Make it seem as if they thought of it themselves.

♊ Gemini
May 22 - June 21
A solar eclipse in the wellbeing area of your chart will bring health matters to the fore, making this the perfect time to start a new fitness regime or, more likely, give up something that doesn't do you any good.

♋ Cancer
June 22 - July 23
The thing you need to remember is that causes have consequences. It may seem as if a piece of good fortune has arrived out of the blue but in fact you have somehow earned it. So enjoy it with a good conscience.

♌ Leo
July 24 - Aug. 23
Try not to play favourites today, even though one particular person may be higher in your estimation than others. If friends or family members think they are not so important to you, it could cause unnecessary grief.

♍ Virgo
Aug. 24 - Sept. 23
Social activities and travel plans are under excellent stars, so don't waste the day entirely on work. If you do, you may look back a few weeks from now and wish you had been a touch more adventurous.

♎ Libra
Sept. 24 - Oct. 23
Go with the flow today and don't worry too much about where you might end up. Almost certainly it will be somewhere exciting, doing something you enjoy. You may even make some money from it.

♏ Scorpio
Oct. 24 - Nov. 22
Today's solar eclipse in your sign is a herald of good times to come. Those times will be even better if you bring other people into your plans. The more you do with loved ones, the more you do for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be a bit reclusive today, unwilling to get involved in what's going on in the world around you, but that's no bad thing. It's OK to switch out of party mode for a while — in fact, it's a necessity.

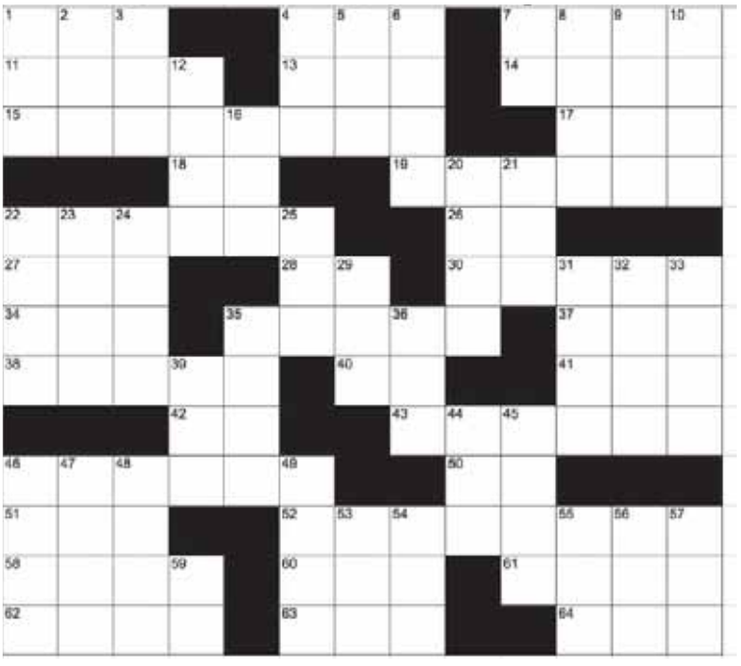
♑ Capricorn
Dec. 22 - Jan. 20
Cosmic activity in the friendship area of your chart means you will be offered at least one helping hand over the next 14 hours. Wherever you go and whatever you do, people will go out of their way to assist you.

♒ Aquarius
Jan. 21 - Feb. 19
You must let employers and other important people know who you are and what you can do. Put yourself forward today and don't think you are being pushy. It's their loss if they overlook your many talents.

♓ Pisces
Feb. 20 - March 20
What is it you want most out of life? Put a name to your dream and visualize what it would be like to have it come true, and there is every chance you will be living it by the end of the year. SALLY BROMPTON

Canadian Crossword

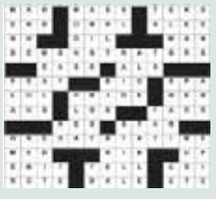
BY BETTY MARTIN



Across
1. House site
4. Pub
7. Proofreaders word
11. Type of code
13. — Life to Live
14. Practice
15. Party favours
17. Participated in a marathon
18. Exclamation of pain
19. Stenographer, of old
22. Grieve
26. Shoe width
27. Bargain basement abbr.
28. Hospital waiting rm.
30. Slip-up
34. Personal info.
35. Annoyed (2 words)
37. Meadow
38. Reeds
40. — the World Turns
41. Type measures
42. Battery size
43. Left to the heir, often
46. Probes
50. My – -Called Life
51. Web ending
52. Salve
58. Laze
60. "Rain —"
61. Baseball stat.
62. Day after Mon.
63. Compass bearing
64. Born

Down
1. Found on CSI: Miami
2. Openings (anat.)
3. — Aviv
4. Casper greeting
5. Columnist Landers
6. Take a breather
7. Jr.'s dad
8. —- & Dean: Inn Love
9. Airport info.
10. Camping equip.
12. Salve plant
16. Possess
20. Puppy sound
21. Small pod veggie
22. Teases
23. A great lake
24. Gentle push
25. Golf gadget
29. MacGyver star (init.)
31. Appeal
32. Transmitted
33. Luxury
35. Tremendous victory
36. Utilize
39. Corner —
44. Now grounded fast flyer
45. Heavy volume
46. Give in your notice
47. Language of Pakistan
48. Fashion magazine
49. " —- Like it Hot"
53. McShane or Ziering
54. Wind direction (abbr.)
55. Sea eagle
56. Negative vote
57. Toronto Stock Exchange (abbr.)
59. 19th letter of the alphabet

Yesterday's Crossword



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			3	8		9		
5					9			
1							9	3
3		8				2		6
4	2							1
			1					9
		1		5	4			
	5				7	1		2

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Variable
Wednesday
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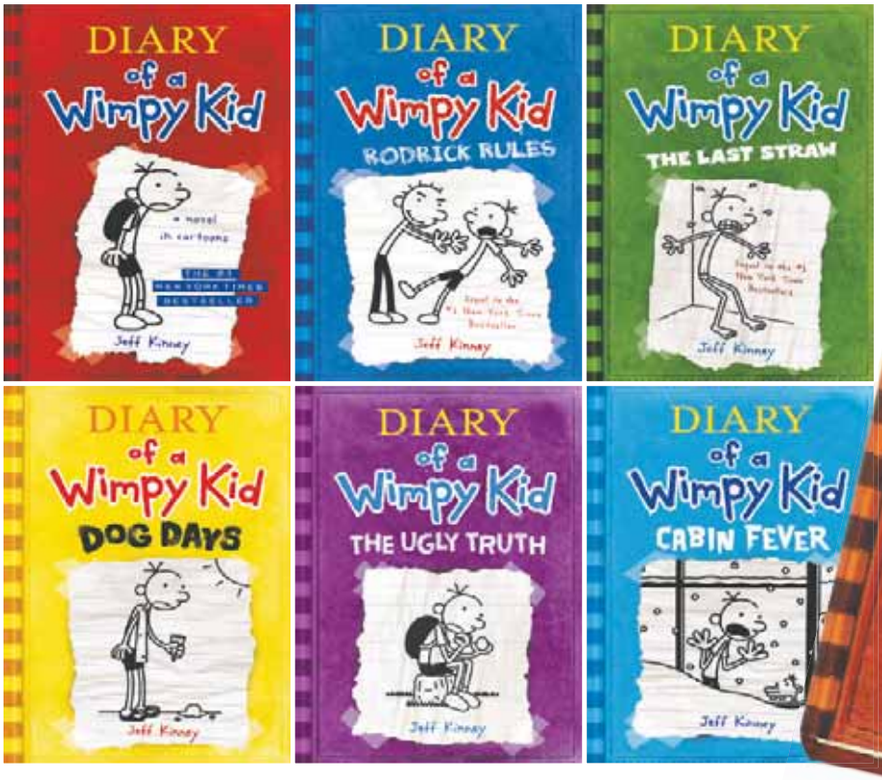
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